Local Scene
See what's going on!
Back Page

And the sturgeon keep emergin'
Latest local catch, Page 3

Police log
Weekly in the News-Ledger:
Page 11

THE NEWS-LEDGER

USPS 388-320

35 Cents

Entire Contents Copyright News-Ledger 2005

41st Year ◆ No. 32 | Serving the West Sacramento Region Since 1964 | Wednesday, March 23, 2005

Message from Yolo Co: There is a price for preserving farmland

(The County of Yolo contributed to the following report)

Yolo County and its cities have long had an understanding that growth and development would largely be directed to the cities, while the county would try to guard thousands of acres of farmland that lies between them. But earlier this month, the board revisited the issue, citing the tax costs to the county involved in such a policy.

"Yolo County is at a critical crossroads," county administrator Vic Singh told the county board of supervisors on March 15. "We've directed growth to the cities to preserve agriculture. This has limited economic development in the unincorporated areas, and has kept sales tax dollars going to the cities. At the same time, a growing population, whether the growth is in the cities or in the county, will mean increased demands on public services. We are having to provide services to a growing Yolo County population with a county workforce that has been steadily decreasing over the past few years."

State budget woes will further strain Yolo's budget, he said.

"Stewardship of lands in Yolo County has been our fundamental policy," said Supervisor Michael McGowan of West Sacramento. "But that has a high price tag. Sooner or later there needs to be a reckoning with the folks who live in our cities. The cities will have to engage in a new form of revenue sharing with the county if they want continued agricultural preservation in Yolo County."

Cache Creek: 'Wild & Scenic'

County joins Assemblywoman in pursuing designation for river

By News-Ledger Staff

Yolo County's supervisors voted four to one vote on March 14 chose to support the designation of 31 miles of Cache Creek as a state "Wild and Scenic River." The affected river area would reach from Clear Lake in Lake County to eastern Yolo County.

The resolution came in support of Assembly Bill 1328 by Lois Wolk.

"Cache Creek is a key part of the fabric of what makes Yolo County Yolo County," said Supervisor Michael McGowan. "We need to do whatever it takes to protect it for future generations."

"I'm very pleased with the Board's decision," Wolk said in a press release. "We want to make sure a dam is never placed on this extraordinary stretch of Cache Creek.

McGowan joined fellow supervisors Helen Thomson, Mariko Yamada and Frank Sieferman in supporting Wolk's bill. Supervisor Duane Chamberlain voted "no."

"The number one thing for me is the loss of local control," Chamberlain told the News-Ledger. "The farm bureau is against it and the water district is against it. If they go 'Wild and Scenic,' then we lose control. We don't need to fix something that's not broken. This isn't even in Lois's district."

Cache Creek Wild, the organization supporting the designation, said that the "Wild and Scenic" designation would prevent dams or water diversions, but that Wolk's bill "does not interfere with the current management of the river."

And you thought you had hail...

While most of West Sacramento was listening to the rattle of hailstones during the early morning hours Sunday, some residents of Madrone Avenue were listening to a "thump" on their roof.

Shortly before 3 a.m., at the height of the hailstorm, Michee Fabela heard the sound of something hitting the roof – hard. After listening a bit for more, she went back to sleep.

"Then I found this in the backyard after church," said Fabela, displaying a fair-size chunk of ice that seemed to weigh around a half-dozen pounds. It has a little piece of the roof (shingle) stuck in it from where it must have hit on its way down."

After telling next-door neighbor Keri Hossli about the super-sized hailstone, Hossli searched in her own backyard, near the fence dividing the two residences, and found what might be the other half of the ice chunk. It was nearly as big. Both seemed to be made of fused hailstones.

Both households feel lucky nobody got hurt.

County forum tackles growing problem of obese kids —

From the Yolo County Health Department

The prevalence of obesity is having a tremendous impact on our youth. According to the California Department of Education, more than 32 percent of youth are overweight and close to 74 percent are unfit. In 2004, only 27 percent of the students in the three grades tested achieved performance goals for all six fitness tests, including aerobic capacity and upper body strength.

What do these numbers mean? And what can school districts and parents do about it?

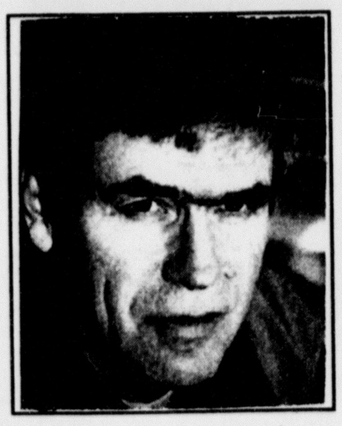
These questions were addressed at a childhood obesity forum for educators held February 28 in Woodland. Public health and educational professionals representing the State and

Please see OBESITY, p. 5

On March 16, the City of West Sacramento held its annual Employee Recognition Ceremony, in which the city council honors some of the city's top employees. Pictured above (back row, L-R) are Councilman Bill Kristoff, Engineering Assistant II Daryl Patterson, Police Officer Steve Godden, Assistant Planner John Powderly, and Councilman Wes Beers. In the front row (L-R) are Crime Scene Investigator II Herb Yip, Mayor Pro Tem Carolyn Castillo Pierson, Senior Clerk Chelsea Grow, Administrative Clerk Janet Chapan, Fire Captain David Sherlock, and Councilman Oscar Villegas. Absent from the ceremony were Employee of the Year, Treatment Plant Mechanic II John Waterman, Information Technology Specialist Rob Miller, and Mayor Christopher Cabaldon.

The 2005 City of West Sacramento Team of the Year is the Arlington Oaks Sanitary Sewer Project Team. Pictured above (L to R) are: City Engineer Caroline Quinn, Engineering Assistant II Daryl Patterson, Mayor Pro Tem Carolyn Castillo Pierson, Program Manager Mark Kaiser, Administrative Assistant Raul Huerta Castro, Administrative Aide Sherri Ziembra, engineering Technician III Dennis Regaller, Program Manager Louise Collis, Engineering Assistant III John Gaskell, Secretary Eloise Cruz, Senior Planner David Tilley, Finance Manager Evelyne Hayden, and Associate Civil Engineer Toby Wong. Absent from the ceremony were Senior Civil Engineer Cameron Beebe, Director of Finance Leigh Keicher, Engineering Construction Manager Lenard La Chappell, Building Permit Manager Patty Mosby, Program Manager Mary Shearer, and Senior Clerk Marci Webber.

What do dogs think about bathing?



Note: My oldest son had me laughing the other night describing how he and his wife had recently given their new dog (an energetic young German/Australian shepherd mix named Joey) a thorough scrubbing by sticking him in the family shower and bathing the daylights out of him, of course leaving my son and his wife wetter than their dog, which reminded me of the following column, which first appeared in the News-Ledger about six years ago.

Weekends are for many things. They are for getting away from one's job, or for going to the movies, or for visiting with friends, or for just having a relaxing meal at a fancy restaurant with the family. Sometimes, weekends are even used for getting out of town, or for catching up on reading, or for doing nothing more than sitting in front of the television set watching endless baseball or football games. But in my case, I have long been assigned a weekend task from which there is no rest, no escape -- bathing the dog.

"That dog of yours (he is always my dog when he needs a bath) is beginning to smell again," my wife will start reminding me towards the end of each week.

"But I don't smell anything," I always reply.

"Just trust me," answers my wife, who has always had a much more developed sense of smell than I do, "he reeks!"

It's not that I don't like giving Mikey (the family Cocker Spaniel) his weekly bath, although I usually end up getting wetter than he does, but he absolutely hates the darn thing and I always end up feeling like I've traumatized him. When I mention this to my wife, she simply says, "I love Mikey, too, but if he wants to be an indoor dog, then he has to have a weekly bath. I don't want the whole house smelling like a dirty old dog when people come over here. It's not too much to ask."

When I remind her that Mikey simply refuses to be an outdoor dog (he scratches at the back screen door and cries pitifully if he's left outside for more than five minutes) my wife reminds me that I was the one who agreed to keep the dog clean if she agreed to let him sleep and roam freely throughout her house.

"But if you would just give Mikey one bath yourself and see how much he hates it," I said to her last weekend, "then I'm sure you wouldn't insist on him having one every single week."

"I am not bathing the dog, Daryl."

"But why not?"

"You know why. We've discussed it a hundred times. It requires scrubbing his butt, among other areas, and I will never -- I repeat -- never, do that!"

Mikey' bathing routine is always the same. To begin with, he somehow knows exactly when it's his bath time, and he immediately goes off and hides. If he hears the word "bath", his eyes grow wide with fear and he begins shivering, so I've taken to spelling out the letters, rather than using the "B" word in his presence. Anyway, when I finally find him, he will usually be under something; a bed, the kitchen table, and the large bookcase in the front room are his favorite hiding places. Then he makes himself into dead weight and forces me to drag him out into the open. Once I have him in my arms, the shivering turning to shaking and he looks up at me with the saddest brown eyes imaginable, seemingly asking me why in the world I, his best friend, would want to keep doing this terrible to him.

Over the years, I think I've come to better understand Mikey's point of view. For him, bad smells are simply a way of life. In fact, they are his life! I mean, when I take him out for some exercise, I'm convinced that he judges the success or failure of his walk strictly by the odors he happily encounters along the way. He sniffs absolutely everything, and the grosser the smell, the more he seems to enjoy himself. In his world, it must seem the height of stupidity for a human being to keep insisting on continually scrubbing away all the wonderful odors he has worked so religiously to collect on his skin and fur throughout the week.

Mikey really works at getting stinky, too. He has very furry feet and they collect just about every dust bunny imaginable. He also likes to endlessly lick and chew on himself and all the smelly dried doggie saliva he leaves behind often results in his worst nightmare -- a two-bath week. And he has long, floppy Cocker Spaniel ears, and when he drinks out of our toilet bowl, which is another one of the joys of his life, they always end up getting wet with god only knows what.

"That's all very good and well, Daryl," said my wife when I explained all of this to her the other day and tried as best I could to make her understand the very complex way in which Mikey views his weekly bath, "and I'm truly sorry that Mikey gets so upset when he has to have a bath, but you seem to be forgetting just one little thing."

"And what's that, dear?" I asked her, very pleased that she had at least taken the time to listen to me explain in great detail what I believe to be the irreparable psychological damage being done to Mikey by unrealistic bathing demands.

"He's a dog!"

Obituaries

Irene L. Ozanne

Irene Ozanne passed away in Sacramento on March 14, 2005 at the age of 67. She was the beloved wife of 15 years to Jim Ozanne; the loving mother of Barbara (Fred) Johnston, Joyce (husband, Roger) Moyer, Elizabeth Kurpies, Karen (husband, Ed) Green, Susan (husband, Vince) Warm, and Linda (husband, Bob) Sebastiani; the dear sister of Jack Kessler, Barbara Netto and Bob (wife, Jeanette) Kessler; and the devoted grandmother of five and great grandmother of one.

Irene was proud of volunteering her time to a number of causes, especially the veteran's hospitals. She was Supreme Schekel Keeper-Scratcher for the Supreme Cootiette Club.

A Celebration of Life service was held for Irene on March 22, 2005 at the River Cities Funeral Chapel in West Sacramento. Memorials are preferred to the American Heart Association or your charity of choice.

RUBIE R. DARK

Rubie R. Dark

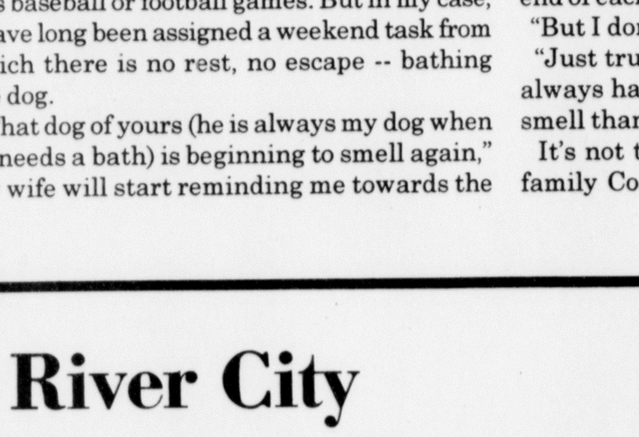
Rubie Dark was born on July 18, 1920 in Sacramento to Roy and Ruth Hinton and passed away peacefully with her family by her side on March 12, 2005. She is survived and will be deeply missed by her husband of 58 years, Jack Dark; daughters, Jackie Kendall, Valerie Hood, Judy Richardson; son, Dennis Dark; and 11 grandchildren and 18 great-grandchildren.

Rubie was a graduate of C. K. McClatchy High School and a resident of West Sacramento for 55 years. She and her husband owned and operated the H.I.Club on Broadway for 20 years. She was later employed by the Washington Unified School District. She enjoyed gardening and golfing with her lifelong friend, the late Shirley Draper. She took great pride in her family and was an avid dog lover. A celebration of her life is being planned for a later date.

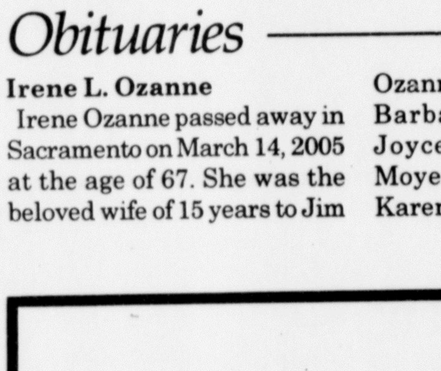
Donald Lee Chinn

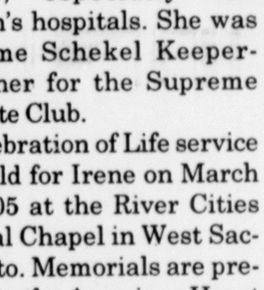
Donald Chinn was born on July 5, 1951 in Louisville, Kentucky, and passed away on March 7, 2005 in West Sacramento. He was a maintenance man by profession and a veteran of the Vietnam War, where he served as a member of the United States Marine Corps. He is survived by his mother, Mary Chinn of Louisville.

Donald was buried in San Joaquin Valley National Cemetery.

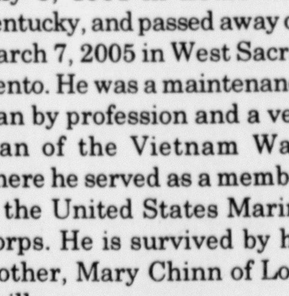
River City Physical Therapy
2100 29th St., Sacramento ■ (916) 456-3735

Personalized fitness programs for fitness or weight loss are available, as well as full-service physical therapy. Gift certificates are available.
Services provided by:
JIM THWEATT, P.T.
MERETE GLICK, P.T.
Visit: www.cardiostacking.com

WestSacHomes.com
real estate made simple.

RIVER CITIES FUNERAL CHAPEL

Serving West Sacramento families since 1962.
371-4535
Lic. #1082

'The rest of the story'
Adjustable Rate Mortgages, or ARMs

DRE Lic. #01010462
David Trussell
In my opinion, there is only one loan that stands out in front of ALL others, and that is a 15-year fixed rate. That said however, there is a new second favorite type of loan and that is an adjustable rate mortgage. An ARM can be a great runner-up to the 15-year fixed. They make for very good-looking payments, and you even have the option to make interest only payments…
Now, with all that said here is something to consider when looking at all those 5/1, 3/1, 7/1, 10/1 interest-only loans, and, yes, even one of my personal favorites; the option ARM loans. Let's look at the most popular ARM; the "5/1 ARM." This loan is fixed for 5 years and you even have the option ofmaking it an interest-only payment, (When you set up the loan from the beginning it's the only time you can arrange to have either payment). The rate is usually lower than, let's say, a 30-year fixed, so your payment is certainly lower.
Now consider what will happen at the end of the 5th year: the lender does what is called a "Re-capture", or "Re-calibration". What this is is at the end of the 5 years (in this example) the lender stops everything and re-evaluates what your principle loan amount is, and how they can be paid back all their money in "now" 25 years. At the end of the 5th year your payment will become a true adjustable rate mortgage, so your ***interest rate*** "MAY" go down, or "MAY" go up, but your payment "MAY" increase. How? Well, if your original principle loan amount was $200,000, and at the end of the fifth year your principle loan amount was $197,000, now you have only 25 years to pay back the balance. When talking to your lender about the ARM's, always remember to ask about how far out is the re-calibration,
Interested in ARMs? Every week I host classes explaining this topic. Call and set up an appointment.
David Trussell
Real Estate Loans
(916) 373-0200 ◆ Fax: 373-0201
830 Jefferson Blvd., Suite 40
West Sacramento CA 95691
Or visit me on the web:
www.westsacloans.com
Email: david@mcgloans.com
The [redacted] Mortgage Consultants Group

The News-Ledger:
Yolo County's LAST locally owned, independent newspaper.
Serving you since 1964.

Jack's Telephone Repair Service

Repair & Installation
Jack Silveira ■ 371-5950

THE NEWS-LEDGER
WEST SACRAMENTO'S CHOICE
• Locally owned • Independent
• Longstanding • More Subscribers
'Official Newspaper of Record for the City of West Sacramento'
MEMBER, California Newspaper Publishers Assoc.

The News-Ledger was founded August 14, 1964. It is the successor to the *Weekly Reader*, founded by Julius A. Feher in April, 1938, and incorporates the *West Sacramento News*, founded by Julius A. Feher in August, 1942.

The News-Ledger is a weekly newspaper published every Wednesday. It provides coverage by mail and other distribution to the city of West Sacramento, including the communities of West Sacramento, Bryte, Broderick and Southport.

The News-Ledger is a newspaper of general circulation by Yolo County Superior Court decrees No. 21893, dated June 1, 1967, and No. 29812, dated June 4, 1973.

Michael P. Garten, Owner/Publisher
Successor to Julius A. Feher, 1988
Steven K. Marschke, Editor
Daryl Fisher, Features Editor
Richard Novoa, Sports Correspondent
Barry Blacklaw, Photographer
Daryl Fisher, Advertising Director

Second Class Mail privileges authorized May 10, 1965 at the West Sacramento Post Office. Second Class Mail paid at West Sacramento, CA 95691.
Price per copy: 35 cents.
Subscription price: $20.00 per year within Yolo County (including West Sacramento); $25.00 per year elsewhere in the United States. Delivery by mail. Call (916) 371-8030.
News submissions: The *News-Ledger* welcomes information on local news and events. Please submit written news items to the below address by mail or in person, or through the office mail slot. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.
Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the *News-Ledger* office.
Advertising: The deadline for classified advertisements is Monday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs $3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the *News-Ledger* office or through the office mail slot.
Deadline for all other advertising is 5 p.m. on Friday. Please call 371-8030 for information on display advertising and advertising inserts.
Entire contents protected under federal copyright law 2005. No reproduction of any portion of this newspaper may be made without the written permission of the publisher.
The News-Ledger
P.O. Box 463
1040 West Capitol Ave., Ste. B
West Sacramento, CA 95691
(916) 371-8030

SPORTS

RC tennis: rare loss, in league play to Vanden

For the first time in four seasons, the River City High School tennis team lost a league match, falling at Vanden last week 6 to 3. The Capital Valley Conference (C.V.C) defeat snapped the longest league winning streak in the history of RCHS athletics at 49 consecutive victories.

"This loss, while very disappointing, just reminds us that we have a lot of work to do if we want to win another championship," said Raider Coach Dave Brooks.

The Raiders have won nine straight league championships, with Vanden coming in second place the past four years.

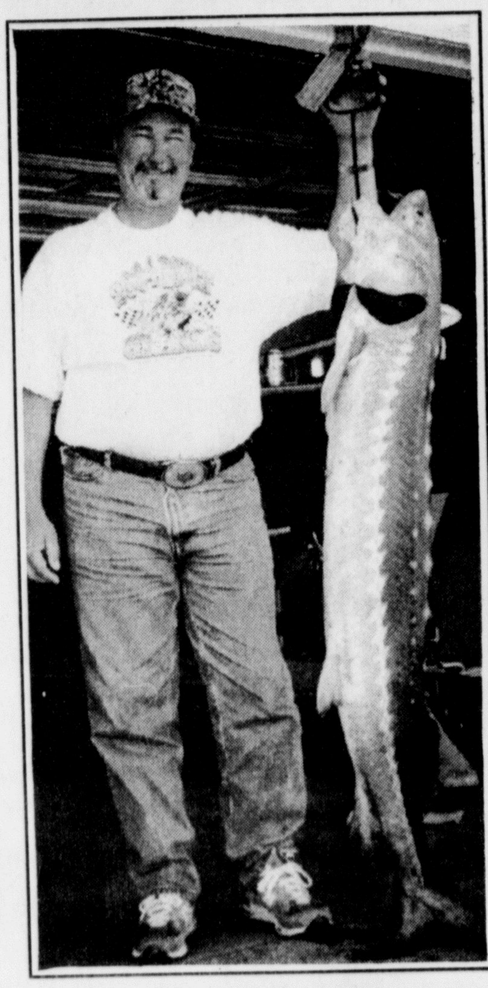
In the match, the host Vikings took three of the four singles matches with RC's John Shofner the only winner. In the doubles contests the visitors got wins from Brian Koell and Lu Saetern in the #2 boys match, and Jordan Balluch and Anna Bouttavong in mixed doubles.

Earlier in the week, River City downed visiting Highlands 7 to 2. Judd Jadol (6-0,6-2 at #1) and Shofner (6-2,6-1 at #2) each won their boys singles contests, while Balluch and Bouttavong cruised to a 10-3 victory in mixed doubles. In boys doubles, Koell and Lu Saetern, and Michael Soto and Brandon Yip came up winners, as did the girls doubles teams of Koy Saetern and Andrea Kaine, and Kristina Michener and Pa Yang.

In the week ahead, River City travels to Center tomorrow to face the Cougars in a CVC contest, then to Mira Loma for a nonleague match on Monday, and on to Dixon for another CVC battle on Tuesday. All the encounters begin at 3:30 p.m. River City is now 2-1 in the CVC and 8-1 overall.

No need to exaggerate

Steve Harris, proudly showing off a 125 pound, 71 inch long sturgeon he caught at Shaq Slue on March 13th which took him 35 minutes to land.



SPORTS INSIDER

By Richard Novoa

The steroids issue is still grabbing the sports headlines in all the media avenues across the United States. MLB union representatives, players, owners and now the U. S. Congress are working together to resolve a problem that has plagued our national past time for the last 10 years. Did Mark and Sammy take the drug to belt out more towering home runs or is Jose lying to sell more books?

Now baseball is in the spotlight to reform their new steroid agreement with the players' association. The agreement is a joke! If player tests positive for the drug, the league wants to give the player a 10-day suspension. A second positive result is a 30-day suspension. Get a load of this punishment -the league representatives want to suspend a player for one-year if he tests positive a fourth time.

Cut it out! If a player tests positive a first time after all this hoopla, he should be banned from the game for life for being an idiot. I guess it's OK to take the drug -- just don't get caught!

Kings Korner

The Sacramento Kings (41-27) are still hanging on to the fifth playoff spot despite the rash of injuries and pressure from the Rockets, Grizzlies, and Nuggets. Only 4 games separate these four playoff bound teams and the Timberwolves and Lakers are still eyeing the eighth and final playoff position. The Kings played .500 ball (5-5) last week while Denver put together a nice 9-1winning streak and Houston and Memphis won 7 out of their last 10 contests.

The Houston Rockets (39-27) actually slipped pass the Kings on Friday night into the No. 5 spot but Kings managed to regain the spot with their overtime win on Saturday against the Clippers. The Kings lost on Sunday night to the Golden State Warriors but luckily they didn't lose any ground to the Rockets because the Rockets and Grizzlies also lost.

The race to the finish line will depend on the team's bench strength. Each team will be affected by injuries and unforeseen circumstances. Only the strong will survive!

The Kings are lucky they dealt Webber to Philly where he's experiencing his own injury problems but their big trade with the 76ers is also in trouble. Williamson is nursing a sore elbow that may prevent him from playing every day and center Brian Skinner sprained both thumbs in Sunday night's game against the Warriors. How do you sprain both thumbs at the same time?

The Kings are still missing Bobby Jackson, Brad Miller and now Cuttino Mobley has a broken toe! It's time to circle the wagons because Mike Bibby showing signs of being overworked and Peja is still AWOL.

Maurice Evans, Kevin Martin and Greg Ostertag will be called upon to fill in while the troops heal. Ostertag hasn't played much but its time for the big center to lose some weight and get out on the court.

The Kings are now looking over their shoulder with only three weeks left in the regular season. They will be home on Tuesday night to play Portland (7 p.m.-CSN) but the Thursday night game against Dallas (7 p.m.-ch.10) is going to be crucial. Actually, every game from here on out is going to be crucial.

The Kings will travel to Denver for a Saturday night (6 p.m.-CSN) showdown with the Nuggets so stay tuned because the fun is get starting!

Major League Baseball

The Giants are making their final cuts this spring but it's Barry Bonds who's back in the news this week with another knee operation and the steroid nightmare plastered on every sports page across America. Mr. Bonds will survive the controversy but more important news for Giants fans is he will not be ready for opening day. The news opened up a spot on the roster for outfielder Tony Torcato. The Woodland native is hitting the cover off the ball this spring and the G-Men could use another bat coming off the bench especially after Pedro Felix inherited Bonds left field spot.

The Oakland A's shipped six players to the Sacramento River Cats. John Rheincker

Please see SPORTS, p. 5

TOWNCRAFT PLUMBING

for the very best. . .

- Service Repair
- Drain Work
- Residential
- Commercial
- Senior Discounts

372-0871

Gary Avila, Owner

State Lic. #804662 • (916) 628-1825

Cont. Lic. #552529

Emergency?

J&J PLUMBING

455-9432

PLUMBING ■ REMODELING
SEWER & DRAINWORK
JOHN & ED YEARGIN ■ 371-4151

ARROW GLASS

W E S T

372-8333

24-hour Emergency Service • Commercial & Residential

glass replacement • store fronts • patio, windows, shower doors
screens • mirrors • hardware • table tops • thermals • safety glass

Contractor's license 461960
Home Improvement Certified
FREE ESTIMATES!

771 Northport Drive
West Sacramento, CA 95691
FAX 916-372-3904

HARBOR SELF STORAGE

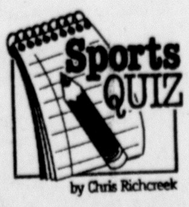
Mary & Jim Short
Managers

REMODELED!
ALARMED UNITS
SECURE ENTRY

916-371-6882
916-376-0630 Fax
541 Harbor Blvd.
West Sacramento, CA 95691

Gate 7–7 365 Days
Office 9–6 Mon–Sat
10–2 Sun

Yolobus To Sac
371-287[illegible]



1. Which ballpark has been in major-league service the longest: The Texas Rangers' Ballpark in Arlington or Coors Field in Colorado?
2. Pitchers Jim Kaat (422) and Bert Blyleven (345) are 1-2 in career starts for the Minnesota Twins. Who is No. 3?
3. Name the only two football players to win a Heisman Trophy, an NCAA national championship and a Super Bowl.
4. Who was the last college senior taken No. 1 overall in the NBA Draft?
5. Wayne Gretzky is the all-time leader in NHL playoff goals with 122. Who is second?
6. Who was the youngest winner of NASCAR's Busch Series Rookie of the Year award?
7. In the 1980s, five different players won men's singles tennis titles at the U.S. Open. Name three of them.

Please see answers P. 5

Havey's Barber Shop

William 'Bill' Havey, Jr.
849 Jefferson Blvd., Suite 103
West Sacramento ● 371-4921
Next door to 'La Bou'

MARTINEZ BROTHERS GARDENING

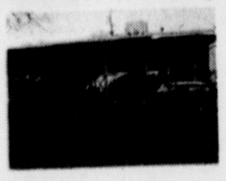
LAWN CARE SERVICE
■ Complete Lawn Care
■ Complete Garden Care
■ & Cleanups!

CALL 371-7143
or CELL PHONE: 916-502-4431

Come Join Us For Our
Open House & Ribbon Cutting Ceremony
MARCH 30TH at 5:00
Refreshments Provided

New Listings:

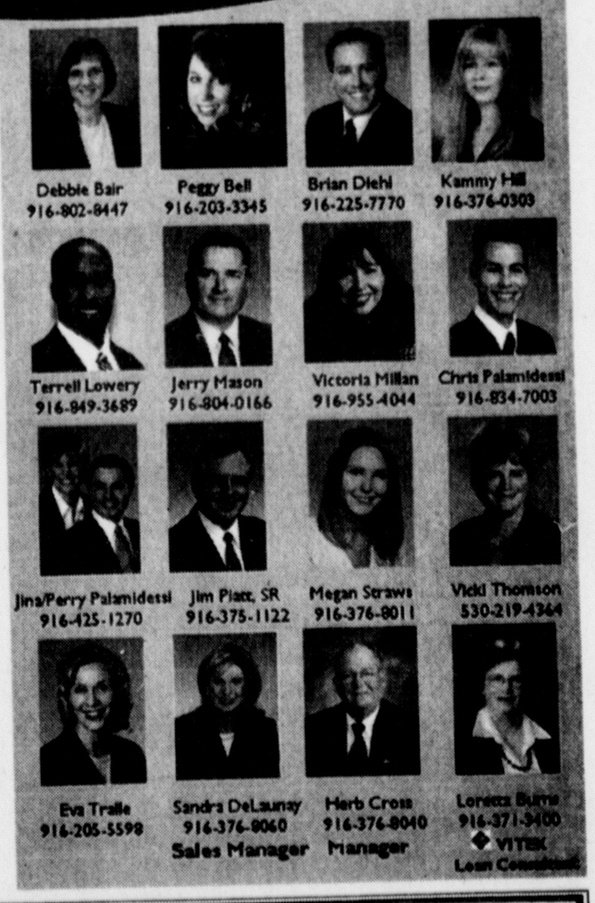
1630 Gateway $394,950
PICTURE PERFECT! In highly desirable Gateway neighborhood. 3bd/2ba with 1479 sqft. Let your imagination flow!
Victoria Millan-955-4044



861 Greenwood
$277,500
Looking for the perfect starter home! Here it is! Adorable remodeled home with newer carpet, tile floors, fresh paint. Garage converted to 3rd bedroom.
Perry & Jina Palamidessi – 916-425-1270

1651 Citrus Street
$369,900
CLOSE TO DOWNTOWN! This spacious home on lg lot awaits you. 3bd/2ba, 2-car garage, open flr plan, LR/DR/FR open to lg kitchen. Sep den. Above ground pool.
Vicky Holden 916-806-1122

517 Westacre $316,000
One of the nicest home on the block. Beautifully remodeled, everything is fresh & clean. Just needs you! Moments from Downtown Sac & shopping.
Peggy Bell 916-203-3345



LYON REAL ESTATE
www.GoLyon.com

Lyon Real Estate
Business:916-376-8000 Fax:916-374-9099
2105 Town Center Plaza Suite 120
West Sacramento, CA 95691
In the new Nugget Shopping Center

Holy Cross School announces honor students for second trimester

Christian Citizenship

8th Grade: Katelyn Cantwell, Nicole Martinez, Nico Molina
7th Grade: Ricky Dhillon, Yatoba Godina, Jeremy Janke, Moid Khan, Tasvir Singh, Mariah Soto, Megan Thrash, Miguel Valencia
6th Grade: Joaquin Castillo, Michael Estrada, Kaitlyn Garfio, Aaron Janke, Christian Jones, Pauline Meehan, Carlos Perez, Jeneille Perry, Richard Ramos, Cecelia Reyes, Taylor Ruiz, Kedar Sotomey, Sarah Tejeda, Taylor Valmores
5th Grade: Christa Cisneros, Martin Fernandez, Victoria Jimenez, Celina Ramos
4th Grade: Bianca Celiz, Victoria Fernandez, Karly Kutsch, Amelia Rodriguez, Niel Valmores, Francisca Zabala
3rd Grade: Julian Angulo, Vivian Martinez, Kianna Munoz, Dannielle Olson, Jacqueline Olson, Brian Rinetti, Kianna Turner

Perfect Attendance

7th Grade: Christina Collins, Ricky Dhillon, Brooke Haugen, Moid Khan, Tasvir Singh, Miguel Valencia 5th Grade: Martin Fernandez, Victoria Jimenez
4th Grade: Joshua Arguijo, Peter Chavez, Victoria Fernandez, Francisca Zabala
3rd Grade: Simranjeet Benipal, Vivian Martinez
2nd Grade: Rolando Martinez, Sean Olson, Arturo Padierna, Francis Ulep, David Zepeda
1st Grade: Stephanie Jimenez, Gaganjyot Singh
Kindergarten: Mariela Cisneros, Emily Downey, Aleena Khan, Mikaila Medina, Alex Samuel

OLG students compete in math

5th and 6th grade teams from Our Lady of Grace School recently competed in the Loretto High School Math Contest, which is a annual contest for grades 5-7 that encourages interest and excellence in math. Over 20 elementary schools in the Sacramento Diocese competed this year.

OLG sent a 5th grade team (Cari Pillo, Jamie Quinn and Alex Stafford) and a 6th grade team (Taylor Calles, Alyssa Coffin and Nicole Quinn), both coached by Mrs. Parr. The contest was composed of an individual written test and a team problem solving section involving hands-on application of math skills.

"We are very proud of our teams," said Mrs. Parr. "Four of the girls, Cari Pillo, Alex Stafford, Taylor Calles and Nicole Quinn, received awards for exemplary achievement, and all the girls worked hard and gave up many after-school hours to attend the coaching sessions."

FOREVER YOURS
Full Service Flowers & Gifts
Flowers for all occasions!
Flower preservation.
Angels, gift baskets, candles, wreaths & unique gifts.
Come see our 'shabby chic' indoor-outdoor furniture, birdhouses, etc.!

At Forever Yours, 'we do it better'!
FOREVER YOURS
1520 Merkley Ave.
West Sacramento
Visit us online at:
www.foreveryourz.com
372-2271

Now here's a tip!

by Jo Ann Derson

• If clutter bothers you, watch the placement of your furniture. Tables and other flat surfaces can be real clutter catchers. Position these pieces away from the door, or install an organization system to control clutter before it controls you.

• "Always dust from the top down. My mom taught me that, since the dust falls and then you vacuum it up at the end. Also, don't use too much furniture polish, since using a lot can actually attract dust." — B.O. in Pennsylvania

• Another great use for knee-high stockings, this one from K.P. in Mississippi: "If you need a way to store leftover wrapping paper, roll it up tight, place a small amount of tape at each end, place each roll in a knee-high and tie the end. They stretch all the way up."

• "Keep leftover slices of good meat and veggies in zipper-lock plastic baggies and freeze. When you make canned soups, just add the appropriate bits from your baggie. It really bulks up the soups, and you save money and don't waste precious food." — P.R. in California

1 Gold
www.Storybook-Homes.com

The Storybook Homes Team
(916) 769-6421

When We Really Go To Work
Buyers show up with an offer, negotiations begin, and a meeting of the minds (hopefully) results. But the Realtor can't just sit back and relax, as the 'glue' that holds each transaction together seems designed to self-destruct.
We Realtors hope there are no surprises during the termite and home inspections. We pray the appraisor agrees with the home's value, and we cross our fingers that the buyers have a good enough credit report to qualify. Rarely is a sale completed without at least a few problems.
A Realtor's skills really come into play between the contract and the closing!
RE/MAX GOLD of West Sacramento
Debbie Woodruff & Tom Bilotta
www.southporthomesforsale.com
Visit: 1001 Jefferson Blvd., Suite 700, W. Sac.

Nugget Market honored by trade

The Woodland-based, family-owned Nugget Market corporation has received a pair of honors.

The trade publication "Progressive Grocer" named the chain one of three "outstanding independent grocers" in the country, along with Niemann Foods of Illinois and Associated Wholesale Grocers of Kansas.

The company has ten stores from Vallejo to Cameron Park, including a Nugget supermarket in West Sacramento and several Food 4 Less stores.

Earlier this month, the West Sacramento Nugget was named as "Best New Retail Project" of 2004 by the Sacramento Business Journal. The award was given by a panel of judges including developers, architects and commercial real estate brokers.

Accepting the award on behalf of the Southport Town Center project, Bryan Turner of the West Sacramento Land Company thanked the Nugget owners (the Stille family).

"The West Sacramento Land Company and the Stille family are very proud of this store and of this award," said Turner. "However, it's important to note that this prestigious recognition really belongs to the community of West Sacramento, which Nugget serves."

VETERANS ★ POST ★

by Freddy Groves

In a recent column, it was suggested that firefighters and police officers who are members of the Guard or Reserve should be exempt from active duty because they have the training that would be needed if we had another "9/11" situation.

Several of you agreed, but also wondered where that would leave our already stretched forces. "Remember," wrote Paul in Illinois, "we're going to be in Iraq and Afghanistan for a long time, and God knows where else."

Sharon, who says her firefighter husband is being sent back for a second tour notes, "If they have to go, at least make it so they don't go twice."

And from John H., U.S. Marine Corps (Retired): "While I believe there is some merit to the position that these trained personnel are needed at home during these dangerous times, there seems to be an easy, more practical solution. ... Each fire/police department should be able to insist as a condition of employment that (one cannot) join the military, active or Reserve, during the term of their employment. There is presently no draft, and life is all about making choices; therefore, decide if you want to be a firefighter, police officer or member of the military. This policy would eliminate any conflict of interest."

On Another Note: Please do not send money to anyone who calls to ask for donations to a fund to buy prosthetics or other medical devices for wounded personnel. If you get such a call, insist they send you their solicitation by mail. Chances are you won't hear from them again.

We Repair With Care.
#1 in Service!
Let us take care of all your automotive service needs!
30/60/90K
Warranty Service
We service:
■ Air Conditioning ■ Heating ■ Engine Diagnostics ■ All Engine Repair ■ Timing Belts ■ Alternators & Starters ■ Water Pumps ■ Cooling Systems ■ Transmission Maintenance ■ Oil Leaks ■ Suspension, Struts & Shocks ■ And Much More!
12 Month/12,000 mile warranty with all repairs!
Bring in this ad for 10% OFF any service performed over $100!
Exp. 3/31/05.
ADVANCED AUTO CENTER
1641 Merkley Ave., West Sacramento CA
(Across from Raley's)
(916) 373-1772
7:30-5 Mon-Fri; Closed weekends

'Divorce Recovery Workshop'
Divorced, separated, widowed, broken relationships
FREE to the public!
March 7 to April 25, 2005
Monday Evenings, 7:00-9:00 p.m.
Classes for Adults & Children
Horizon Christian Fellowship
1800 Manzanita Way, West Sacramento CA 95691
(916) 371-3458
Participants will be better equipped to deal with the painful feelings and challenging experiences of a divorce, separation, or loss of a spouse.
Children will be with others their own age and will learn how to deal with the changes in their lives and how to express their feelings.
FREE CHILD CARE (under 5 years)
39

News-Ledger Directory *of* Local Places *of* Worship

Anna Street Baptist Church Rev. Norman Pollitt, 371-6560 1400 Anna St., W. Sac. Sunday School 10 a.m. Sunday Worship 11 a.m. Prayer Time 6:30 p.m. http://www.forministry.com/95605ASBC	**Community Lutheran Church** Rev. Marjorie C. Beach, Pastor 920 Drever St. ■ 371-8804 10 a.m. Worship/Sunday School Friendly, family, inclusive language. The 'come as you are' church.	**Our Lady of Grace Catholic Church** 911 Park Blvd., 371-4814 Father James B. Walsh, Pastor Masses: Sat. Vigil 5:30pm Sunday 9 & 10:30 a.m. Weekdays 7 a.m. No Mass on Thursday
Center for Spiritual Awareness 1020 W. Capitol Ave., 374-9177 Sun. services 8:30, 10 & 11 am Meditation room opens 30 minutes prior to services. Praise & worship 15 min. prior Junior church for all ages at 10 am & 11:45 am	**Church of Jesus Christ of Latter Day Saints** 2667 Linden Road Bishop Ray Jackson, (916) 372-1113 Sunday Meeting Times: Sacrament Meeting, 9 a.m. PUBLIC WELCOME!	**Seventh Day Adventist Church** Frank Hightower, Elder 519-5329 2860 Jefferson Blvd., W. Sac. PO Box 447, W. Sac. 95691 Sat. Sabbath School 9:30 a.m. Worship 11 a.m. 372-6570
Trinity Presbyterian Church 1500 Park Blvd., W. Sac. Rev. Steve Whitney (916) 371-5875 Service: Sunday at 10 a.m. including children's programs.	**Holy Cross Catholic Church** 1321 Anna St. (near Todhunter) Rev. Chad Puthoff, SDS Sat. Vigil 5 p.m. (English) Sunday 9 (English) Noon & 7 p.m. (Spanish) Mon 8:30am, Tues-Wed 7am, Thurs. 6:45 (Spanish), Fri. 8:30 a.m. Call 371-1211	**First Southern Baptist Church** Rev. Gregory W. Kirk Sun. School 9:30 a.m. Sun. Worship 11am Wed. 6:30pm Prayer Meeting & Bible Study 2124 Michigan Blvd. 371-2111
SouthPort Community Church Pastor Bruce Maier Celebration Worship Sunday 10:30 a.m. KidLand during service. Youth & Small Group Ministry for All Ages. 2568 Industrial Blvd. 372-7818 www.southportcommunity.com	**WestSide Covenant Church** Worship Services at Collings Teen Center 1541 Merkley Ave. Sundays 10 a.m. & 6 p.m. www.westsidecov.org 371-3933	**New Discovery Christian Church** Meets at Southport Elementary School 2747 Linden Road at 10:30 a.m. Pastor Jerry Green (916) 600-3784
Horizon Christian Fellowship Rev. Claude J Perez, Sr . Pastor 1800 Manzanita Way, 371-3458 SUN Worship 9:30 & 11 am SUN Worship & Prayer 6pm WED Bible Study 7pm THURS Youth Group 7pm 1st & 3rd FRI Singles 7pm 2nd FRI Women's Fellowship 7pm	*Is your worship center listed here?* *Call 371-8030 to find out how to list your place of worship.*	

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where would one find the island group called the Seychelles?
2. NATURAL WORLD: Which insect belongs to the order called Lepidoptera?
3. U.S. STATES: Which territory became the 46th U.S. state in 1907?
4. PSYCHOLOGY: What is algophobia a fear of?
5. MOVIES: When was the movie "Bird Man of Alcatraz" released?
6. LITERATURE: Who published "The Innocents Abroad" in 1869?
7. GENERAL KNOWLEDGE: In astrology, how many signs of the Zodiac are there?
8. COLLEGE SPORTS: Which college football team is nicknamed the Bruins?
9. MYTHOLOGY: In Roman mythology, what was the name of the head god?
10. FOOD & DRINK: In what century was the martini drink believed to have been invented?

Answers

1. Indian Ocean
2. Moth
3. Oklahoma
4. Pain
5. 1962
6. Mark Twain
7. 12
8. UCLA
9. Jupiter
10. 19th century

OBESITY from page one

the County of Yolo came together to address the childhood obesity epidemic by discussing available resources, best practices and coordinating efforts. Presenters and participants discussed the costly long-term effects of poor fitness and overweight on our children's quality of life. California paid nearly $22 billion in health care costs and lost productivity for adults in 2000 due to excess weight, obesity and physical inactivity, and these problems begin in childhood.

"Students who are well-nourished and fit pay better attention in class, stay healthier and are in school more days', stated speaker Jack O'Connell, State Superintendent of Schools. "Schools can play a major role in how fit and nourished our students are."

Many students in California get their most significant meal of the day in the school lunchroom, O'Connell noted. That meal should be nutritious and our students should know and care about what nutrition means. One way schools can respond to improve school nutrition programs is by replacing junk food and high-sugar sodas with healthy alternatives. So far, the state has banned the sale of high-sugar, low-nutrient sodas in K-8 schools and increased the offering of California fruits and vegetables in school meals.

Schools can integrate a high-quality fitness program into their academic program, and create a culture of fitness at the school site. The State Board of Education recently adopted California's first standards for physical education. Superintendent O'Connell will work to make those standards accessible and to see them used in all of our schools. Some successful schools are also revamping physical education programs to emphasize lifelong fitness and activities every child can enjoy, instead of just traditional, competitive sports.

Superintendent O'Connell challenged school board members and superintendents to look at their individual school districts and consider what they can do to make nutrition and fitness a priority for the children of Yolo county.

The overall health effects of obesity and inactivity were of high concern for another presenter at the obesity forum. Dr. Richard Jackson, Public Health Officer for California, noted that consequences include diabetes, high blood pressure, joint and bone problems, low self-esteem, depression and poor social health due to discrimination and social marginalization. Many of these health issues, once seen primarily in older adults, are now being seen in children, according to Dr. Jackson. Projections show that more than 1 in 3 children born in 2000 will have diabetes if we don't make significant changes to their lifestyles.

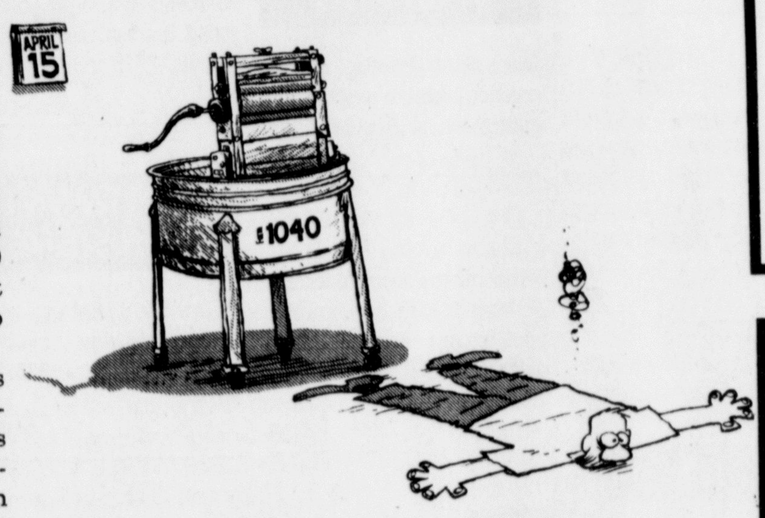
What has contributed to this change? The average 11-year-old boy today is 11 pounds heavier than in 1973. California is ranked #2 in the nation for the number of overweight children ages 2-5 years old. By 2010, 21.7 percent of California's children 5-20 years old will be overweight. This is due to both poor nutrition and a lack of physical activity. U.S. teenagers consume twice as much soda as milk.

According to Dr. Jackson, the activity levels of children have changed. National standards indicate children and adolescents should participate in at least 60 minutes of moderate intensity physical activity, most days of the week, preferably daily.

"Today, only 13 percent of children walk or bike to school as compared to 66 percent in 1974," Dr. Jackson said. "About 85 percdent of children are driven to school in private vehicles – even when the students live less than two miles away," Dr. Jackson stated.

U.S. children spend an average of 5 ½ hours a day watching television or participating in other types of screen time such as computer or video games. The decreased activity means fewer calories are expended, contributing to the overall weight increase in children.

Sherrie Jensen, a parent with school-aged children, noted the concerns parents have expressed regarding providing nutritious foods to schoolchildren. Many would like to see more fruits and vegetables, and fewer chicken nuggets, Cheetos, Pop-tarts and sugary foods being served. By role modeling and encouraging nutritious foods, more children will be likely to choose healthier foods, and also ask for them at home. Jensen said she is encouraged that state and local school representatives are coming together to discuss the obesity issue and determine what school districts can do to help with the epidemic.



SPORTS from p. 3

and Jim Serrano will join the 2005 River Gatos pitching staff. The A's sent infielders Mike Rouse and Omar Quintanilla along with catcher John Baker and outfielder Shawn Garrett.

NCAA Basketball

The Men's tournament continues Thursday with only sweet sixteen teams remaining on the road to the finals in St. Louis. So far the tournament is a gamblers nightmare with three major upsets and many underdog teams playing beyond their wildest dreams

***

If you would marry suitably, marry your equal.
—Ovid

***

Charyl M. Silva, D.C.
West Sacramento Chiropractic
'Good Health Naturally'
1044 Jefferson Blvd.
West Sacramento, CA 95691
(916) 372-8383

SOUTHPORT SELF STORAGE
RV Storage Now Available!
$100.00 OFF!
Exp. 3/31/05
With this coupon, for new customers with 3-month rental
At the corner of Promenade & Southport Parkway
3080 Promenade St., W. Sac.
(916) 372-0980

Compare Our CD Rates
Bank-issued, FDIC-insured to $100,000

1-year	3.45% APY*	Minimum deposit $5,000
3-year	4.25% APY*	Minimum deposit $5,000
5-year	4.50% APY*	Minimum deposit $5,000

*Annual Percentage Yield (APY)–Interest cannot remain on deposit; periodic payout of interest is required. Early withdrawal is not permitted. Effective 00/00/00. Subject to availability and price change. The amount received from a sale of a CD at current market value may be less than the amount initially invested.

Call or stop by today.
CHRIS BRADFORD
1355 Halyard Dr. #140
W. Sacramento CA 95691
(916) 372-3076
www.edwardjones.com
Edward Jones
Serving Individual Investors Since 1871

Nadia's Beauty Salon
Full-Service Hair & Nails for Everyone
113 15th Street, West Sac. ■ 372-8050
Open Monday-Saturday
Call for Appointment ■ Walk-ins Welcome

JIM PIATT SR. CRS, CRB and DEBBIE BAIR
Your Father - Daughter Team
2105 Town Center Plaza, Suite 120
West Sacramento, CA 95691
Corner of Jefferson and Linden
Jim: 916-375-1122
Debbie: 916-802-8447
Fax Jim: 916-375-1144
Fax Deb: 916-372-8448
LYON REAL ESTATE
www.GoLyon.com

Bobbi Ann's Childcare
'Where Learning is Fun!'
BOBBI ANN MOORE
Child Care Provider
■ In-Home Setting ■ Ages 0-8
■ Hot Meals & Snacks
(916) 372-6109
Email: BACHILDCARE@AOL.COM
Lic. 573608905

The Mortgage Consultants Group
David Trussell
DRE Lic. #01010462
Real Estate Loans
830 Jefferson Blvd., Suite 40
West Sacramento, CA 95691
(916) 373-0200
Fax: 373-0201
Website: www.westsacloans.com
Email: David@mcgloans.com

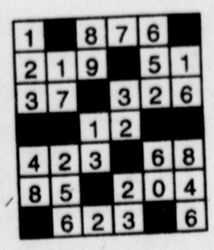
West Sacramento Center
Sacramento City College
1275 Halyard Drive, Ste. 175
(916) 375-5511
The Spring 2005 semester is underway, however, we still have 3 week, 4 week, 6 week and 9 week classes available.
Don't miss out. Enroll today!
Drop by the Center or visit our website today:
www.scc.losrios.edu/westsacramento
Los Rios Community College District

Dear West Sacramento Residents,
Due to YOUR overwhelming support, I have come back to your neighborhood to be with you and to serve your medical needs.
I accept all insurance except Medi-Cal.
Patients who have Medi-Care as primary and Medi-Cal as secondary are welcome.
Dr. Chandan Cheema, Internal Medicine ...is back in West Sacramento!!!
We have come back to:
155 15th St., West Sacramento CA 95691.
To schedule an appointment, please call:
(916) 966-8500
and identify yourself as a West Sacramento patient.

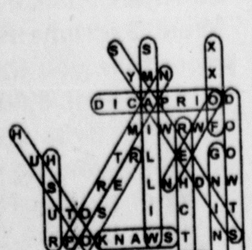
Yolobus
371-2877
To Sac. Airport

ANSWERS to Sports Quiz (P. 3) & Puzzles (P. 8)

Rational Numbers answers



Differences: 1. Bat is shorter. 2. Logo is missing. 3. Curtain is shorter. 4. Slippers are missing. 5. Hand is missing. 6. Lamp is missing.



Answers

1. The Ballpark at Arlington opened in 1994, while play began at Coors Field in 1995.
2. Brad Radke has made 318 starts entering 2005.
3. Tony Dorsett and Marcus Allen.
4. Cincinnati's Kenyon Martin was drafted by New Jersey No. 1 overall in 2000.
5. Mark Messier with 109 goals.
6. Kyle Busch was 19 when he won the award in 2004.
7. John McEnroe (three times), Ivan Lendl (3 times), Jimmy Connors (2 times), Mats Wilander and Boris Becker.

Fictitious Business Name Statement
Filed Feb. 2, 2005
File No. 2005-145

The following person is doing business as All-Star Kuts, 2050 Town Center Plaza, Suite B150-125, W. Sacramento CA 95691:

Ascentis LLC, 2050 Town Center Plaza Suite B150-125, W. Sacramento CA 95691.

This business is conducted by a Limited Liability Company.

The registrant commenced to transact business under the fictitious business name or names listed above on 2/2/05.

/s/Aaron Clark, C.O.O.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb. 2 , 2005
by: /s/Eleigh Fagel, Deputy Clerk

Mar 2 9 16 23

Joining us
Marc L. Concepcion, D.O.
James F. Lee, M.D.
Susan Rosten, F.N.P.
Tari Smith, P.A.
Kim Hernandez, P.A.

2101 Stone Blvd., Suite 190
West Sacramento, CA 95691
(916) 371-4939

River Bend Medical Associates, Inc.
makes good sense

River Bend Medical Associates invites you to join us at our beautiful new state of the art medical facility located in the new Parkstone Medical Building.

- Fully staffed state of the art medical facility
- Full scope Family Practice (including Pediatrics and OB care)
- Lab & physical therapy in the building
- Flexible appointment times including evenings
- Easy access/freeways close and plenty of free parking

CLASSIFIED ADVERTISING

Local Classified Advertising

LANDSCAPE SERVICES

MARK A. COOPER LANDSCAPE SERVICES. Weekly, bi-weekly service, licensed & insured. Call for a free estimate. Mark Cooper, (916) 375-2664.
18tfn

Small jobs. Trimming. One-time yard tune-up. Shrubs, small trees removed. Roof drains cleared. Aerate, dethatch. Overseed, roll. High grass. Save $, trim no cleanup. Landscape contractor #535496. Arborist. 20 years experience. Insured. (916) 371-9273.
A51

PLUMBING

Plumbing service & repair. Drain work. Realistic prices, senior discounts. Call Gary at Town Craft Plumbing, 372-0871.
50tfn

HOMES FOR SALE

EXCELLENT OPPOR[illegible]Y: 1671 Powell Pl[illegible],600. Lovely ho[illegible] baths, 2-car [illegible]ully landscaped [illegible]ck yards, quiet cul-de-sac. Call JOHN KANE, Parkside Property, 373-5300.
PENDING SALE
jk30tfn

IMMACULATE HOME! 1640 Sausalito Rd. $379,900. 3 bed/2 bath,home built in 2000. Move-in ready condition with open floor plan, large family room, maple cabinets, custom tile & paint. Beautifully landscaped backyard with brand-new spa included. Call CHRIS PALAMIDESSI, 376-8003, Lyon Real Estate.
33

GREAT PRICE, GREAT COMMUNITY: 2881 Aylesbury Ct., $338,800. Larchmont home with big modern kitchen, 2 bdrms, 2 full baths. CH/A, 2-car garage, RV access. Call JOHN KANE, 373-5300, Kane Realty.
28tfn

For a list of HOMES and LAND for sale, call JOHN KANE, Brk. KANE REALTY 373-5300

WOW What a value! 3 bdrm, 2 full bath condo with build-tin equity. Priced way below comparable units. Bring your hammer & paint brush. Sold "as is." Act fast on this genuine bargain. Under market @ $242,000. 208 Touchstone Place, call Jeff Puliz, Parkside Property, 373-9600. More info & pictures at www.jeffpuliz.com.
24tfn

GOT $$$ TROUBLE? House payments taking everything? We can bring your loan current, save your credit, prevent foreclosure & you can live in your house rent-free. Broker L/M (916) 371-1912.
jk26tfn

For a list of all West Sacramento homes for sale, visit www.southporthomes-forsale.com Brought to you by RE/MAX GOLD of West Sacto.
20tfn

EXCELLENT VALUE! Fully remodeled 4 bdrm home with attached buildable lot. All-new windows, color-coated stucco, windows & roof. Inside has new tile, carpet & paint. Attached lot has water/sewer hookups from previous structure. Can be rebuilt but not split. Move in today! $332,000, 2315-17 Michigan Blvd. For pictures & info, visit www.jeffpuliz.com, JEFF PULIZ, Parkside Property, 373-9600.
28tfn

603 3rd & 302-306 G St: Rare property in direct path of FUTURE development. Value is in the land, but able to generate rents. 4 lots, 3 buildings, zoned multi-family. Call for brochure, JOHN KANE, Parkside Property, 373-5300.
25tfn

REAL ESTATE

UNIQUE OPPORTUNITY: 515 Michigan Blvd., "Old Dan[illegible]actory." $548,800. P[illegible]e location! 2-sto[illegible]al bldg, zoned $[illegible]le light com-m[illegible]3665 sq ft, 20 avail p[illegible]g spaces. JOHN KANE, Parkside Property, 373-5300.
PENDING SALE
25tfn

BUSINESS OPPORTUNITY

CELEBRATIONS BY LILLIAN VERNON (TM) New! New!! Work at Home! Be with your kids! Sell fabulous products! Party for a living! Become a founding consultant! Contact Heidi for our our catalog! (916) 372-7402.
35

SERVICES

Housekeeper available. Reasonable rates, references available. Call 372-7614.
13tfn

PAINTING

Quick-Spray Painting. Interior, exterior, pressure washing, free estimates. Call (916) 682-5023.
34

Residential exterior/interior. Experienced. High quality work. Local references available. Free estimates. Call (cell phone) 916-595-9475.
s35

PHOENIX PAINTING COMPANY: In business since 1981, doing residential & commercial painting. FREE ESTIMATES. Bonded & insured. License #415670. Experienced in special coatings. Senior discount. Phone (916) 372-2941.
PPC-5.03.tfn

HOMES FOR RENT

AVAILABLE NOW: Amazing 4BR/2B, 2-car garage, 2300 sq ft, Large grand room 28X30. In the 'Oaks' division. Walking distance to River City and Westmore Oaks schools. Dual-zoning saves on PG&E bill. No pets. No smoking. 1808 Deerwood St. Call Gloria, (916) 939-1220. $1600/mo.
G32

DAY CARE

PRESCHOOL & DAYCARE: Educational, safe & loving environment. Reading & Math Tutoring. Spanish lessons. For info, call 600-7715 or 372-5804.
G33

APARTMENTS FOR RENT

DELUXE 2 BDRM with heat & air, covered parking. From $750/month. Call George, (916) 849-8028.
21tfnDS

MISC. FOR SALE

Organ: Baldwin Interlude with Fun Machine. 2-tiered, 37 keys each. Excellent condition! $100 OBO. Call 479-7709.
33

CHILD CARE

FREE CHILD CARE REFERRALS: Child Care Services offers free child care referrals to licensed family child care homes and child care centers. For referrals and other information, call (530) 757-5695 or (800) 723-3001.

LOST & FOUND PETS

LOST DOG: mini red Dachshund male 16 years old near Poplar & Laurel on 3/11. Please call 372-8349.

Fun, Easy And Freezy: Homemade Jam

(NAPS)—Strawberry-raspberry. Pineapple-banana-orange. Today, it's possible to make a variety of fruity jams, via a process so simple that even children can get in on the fun. It is, in a word, cool.

That's because rather than heat, this process uses the freezer to help preserve the natural goodness and flavor of fresh (or frozen) fruit. There's no cooking involved; just mash up the fruit, mix in Ball® Fruit Jell® Freezer Jam Pectin (a powder that helps the mixture gel), put it in a jar and freeze it.

With the help of the Freezer Jam Pectin, it's also possible to turn fruit and yogurt into fun "fruitsicle" pops that kids can enjoy while getting some of their recommended five daily servings of fruits and vegetables.

To help make jam preparation easier, Ball has developed a variety of jars that are terrific for freezing and canning, including Quilted Crystal Jelly Jars, as well as a new plastic freezer jar. Both are stackable to prevent spilling and to save space in the refrigerator or freezer. In addition, they are stain-resistant and dishwasher-safe.

Here's one terrific jam recipe that can be made any time of the year to get you started:

With fun and easy freezer jam, you can savor all sorts of delightful fruit combinations.

Three Berry Freezer Jam

3 (6 oz.) bags frozen unsweetened strawberry, blueberry and blackberry fruit combination
1½ cups sugar
1 (1.59 oz.) pouch Ball® Fruit Jell® Freezer Jam Pectin

Defrost berry combination, allowing a few ice crystals to remain. Crush berries with a potato masher. Measure 4 cups crushed berries; set aside. Combine sugar and pectin in a medium bowl, stirring until evenly combined. Add crushed berries. Continue stirring for 3 minutes. Ladle jam into Ball Freezer Jars, leaving ½-inch headspace. Adjust caps. Let jam stand at room temperature until thickened, about 30 minutes. Label jars and freeze. Yields about six 8-ounce jars.

To receive a free brochure with luscious recipes and fun serving suggestions, call Jarden Home Brands at (800) 240-3340. For more tips, recipes and canning hints, visit www.homecanning.com.

State-Wide Classified Advertising

"Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates."

ADOPTIONS

ARE YOU PREGNANT? Feeling alone? Talk with caring people who listen and can help. Living Expenses Paid. Toll free 24/7 One True Gift Adoptions. 1-866-921-0565. (Cal-SCAN)

PREGNANT? CONSIDERING OPEN Adoption: Loving, stable couples are waiting to parent. Create an adoption plan that feels right. Expenses paid. Call Adoption Connection: 1-800-972-9225. www.AdoptionConnection.org (Cal-SCAN)

ANNOUNCEMENTS

LOOKING TO PROMOTE a unique product or service in California statewide? Advertise in newspapers and tap into their power. Classified ad ($500/25-words). Display ad ($1,500 for a 3.79"x2.5") ad. Call this local participating newspaper or (916) 288-6010 x10; (916) 288-6019 x19 www.Cal-scan.com (Cal-SCAN)

AUCTIONS

AUCTION APRIL 16TH - Quemado Lake N.M. Snuffy's Steakhouse, saloon, liquor license, General Store with inventory, marina, gas pumps, plus 17 acres of forest. 877-552-9600 www.ExcelerateAuction.com (Cal-SCAN)

AUTOMOBILES

AAA RATED DONATION - Donate your car, boat or real estate. IRS tax deductible. Free pick-up/tow. Any model/condition. Help underprivileged Children 1-800-598-9211 Outreachcenter.org (Cal-SCAN)

BOOKS/ PUBLICATIONS

DISCOVER HOW TO get rid of whatever prevents you from ... being happy ... achieving your goals ... living in harmony. Get DIANETICS! $8.67. Call 1-800-801-3944 www.dianetics.org (Cal-SCAN)

BUSINESS OPPORTUNITY

#1 CASH COW!! 90 Vending Machines in 30 locations - $10,670. Call Now! 1-800-836-3464 (Cal-SCAN)

12,000% PROFITS SELLING how to information by mail. Reprint rights to hundreds of publications. Go to www.aacdrom.com for details - click on Featured "Instant Publisher Platinum". (Cal-SCAN)

ALL CASH CANDY Route. Do you earn $800 in a day? Your own local candy route. Includes 30 machines and candy. All for $9,995. MultiVend, LLC 880 Grand Blvd., Deer Park, NY 11729. 1-800-814-6047. (Cal-SCAN)

ARE YOU MAKING $1,710 per week? All cash vending routes with prime locations available now! Under $9,000 investment required. Call Toll Free (24-7) 800-276-5584. (Cal-SCAN)

MYSTERY SHOPPERS NEEDED! Earn while you shop! Call now Toll Free 1-888-255-6040 ext. 13381. (Cal-SCAN)

FINANCIAL SERVICES

$$ AS SEEN ON TV. Cash now for your future Settlement, Annuity and Lottery payments. www.ppicash.com Don't wait for your $$$ Call Prosperity Partners 1-800-509-1607. (Cal-SCAN)

IMMEDIATE CASH!!! US Pension Funding pays cash now for 8 years of your future pension payments. Call 800-586-1325 for a FREE, no-obligation estimate. www.uspensionfunding.com (Cal-SCAN)

HELP WANTED

DETENTION OFFICER: Phoenix, Arizona, Maricopa County Sheriff's Office. $14.99/hr. Excellent benefits. No Experience Necessary. Contact 602-307-5245. 1-877-352-6276, or www.mcso.org 800 vacancies, including civilian positions. (Cal-SCAN)

POWER PLANT OPERATOR. No experience required. Paid training, relocation and xlnt bnfts. H.S. Grads max age 34. Call 1-800-345-6289. (Cal-SCAN)

HELP WANTED/ DRIVERS

DRIVER: 30-Day Test Drive - L/P available Zero Down! 94cpm plus safety bonus. CA Fuel Surcharge! Paid base plates, road taxes, tolls. 800-528-3675. (Cal-SCAN)

DRIVER - COVENANT TRANSPORT. Excellent Pay & Benefits for Experienced Drivers, O/O, Solos, Teams & Graduate Students. Bonuses Paid Weekly. Equal Opportunity Employer. 1-888-MORE PAY (1-888-667-3729) (Cal-SCAN)

DRIVER: TUITION PAID training! CDL-A in 2 1/2 weeks! Tuition reimbursement for recent graduates! Miles, Money, Home Time! Must be 21. Drive CRST Van Expedited. 800-781-2778. (Cal-SCAN)

DRIVERS NEEDED: COMPLETE benefits pkg. Pd. Vac/holidays, premium equipment. CDL-A TX, no tickets/accidents for 1 yr. Call Beneto Bulk! North CA 1-800-547-1587 x1326, Southern CA 1-800-643-4545 x245. (Cal-SCAN)

HELP WANTED/ SALES

MATURE AGENTS WANTED - to offer Reverse Mortgages to Senior Citizens. No license required, will train. Good commission. For details call 877-931-3638. (Cal-SCAN)

SALES. $5,500 Weekly Goal Potential! If someone did it, so can you! 2-3 confirmed appointments daily! Benefits Available. Call Catherine McFarland 1-888-543-1788. (Cal-SCAN)

HUNTING

ARGENTINA, GOOSE, DUCK, Dove, Perdiz, Pigeon, Big Game, Trout Fishing, Bolivia, Uruguay, Dove, Pigeon, Fishing. Best bang for the $ in the world. Season April - August, 2005. Weekdays: 314-209-9800; Evenings: 314-293-0610. (Cal-SCAN)

HUNT ELK, RED Stag, Whitetail, Buffalo - Our season starts September 1, 2005. Guaranteed Hunting License, $5.00. We have No Game, No Pay Policy. Call days: 314-209-9800, Evenings: 314-894-3776 (Cal-SCAN)

LAND FOR SALE

ARIZONA LAND LIQUIDATION! Near Tucson, 2-1/2 Football Field Sized Lots. $0 Down/$0 Interest, $119/Month ($12,995 total). Free recorded information. Money Back Guarantee! Toll Free 1-800-659-9957 Op#20. (Cal-SCAN)

CLOSEOUT SALE! 90 Acres only $49,900. Your own Ranch. Ideal for horses. Gorgeous land, scenic, unspoiled setting @ 7,000 ft. elevation. Surrounded by gov't lands. Views, trees, good access. Call NMLR 1-888-292-9711. (Cal-SCAN)

COLORADO HORSE PROPERTY 5 AC $59,900. Outstanding Rocky Mtn. views. 500 AC open space for recreational use. 4-season recreation, nearby lake. Excellent financing. Call now! 1-866-696-5263 (Cal-SCAN)

UTAH'S BEST LAND Bargain 40 Acres - $24,900. Uinta Mountain area. Outdoor lover's dream! Dramatic mountain views, close to conveniences. Surrounded by wilderness. Nearby lake and state parks. Excellent financing. Call UTLR 1-877-350-5263. (Cal-SCAN)

MISCELLANEOUS FOR SALE

FREE 4-ROOM DIRECTV System includes standard installation. 3 Months Free 50+ Premium Channels. Access to over 225 channels! Limited time offer. S&H, restrictions apply. 1-800-360-4039. (Cal-SCAN)

HIRING 2005 POSTAL Positions! $17.50-$59.00+/hour. Full Benefits. Paid training & vacations. No Experience. Green Card OK. For listings call 1-866-271-3579 ext 417. (Cal-SCAN)

NOW HIRING 2005 Postal Jobs. $17.50-$59.00 hour. Full Federal benefits paid training/vacation. No experience necessary. Green Card ok. For Listings call 1-866-399-5720 x7300. (Cal-SCAN)

NOW HIRING 2005 Postal Jobs. $17.50-$59.00 hour. Full Federal benefits paid training/vacation. No experience necessary. Green Card ok. For Listings call 1-866-634-1229 x9400. (Cal-SCAN)

POSTAL POSITIONS AVAILABLE!! Federal, State, Local. $14.00-$48.00+hr. No Experience necessary. Paid training / full benefits. Entry levels. Call 7 days for Listings information. 1-888-826-2513 x66F. (Cal-SCAN)

REAL ESTATE

MYRTLE BEACH SC Intracoastal Waterway. Rare Opportunity! New Offering - Grand Opening Preview Visit - June 16, 17 & 18. (not timeshare) Gated Waterway Community - Large wooded, deepwater homesites. Full service Marina - minutes to Beach. 100+ Golf Courses. SC's best schools. Priced from $60's 1-866-567-9523 or 1-888-243-0133. (Cal-SCAN)

REAL ESTATE/ ACREAGE

WANT TO BUY OR SELL LAND? We have the advertising solution. Statewide classified ad ($500/25 words) placed in 200 community newspapers reaching over 6 million Californians. Call this local participating newspaper for more information or (916) 288-6010 x10; (916) 288-6019 x19 www.Cal-scan.com (Cal-SCAN)

SCHOOLS/ INSTRUCTION

BORED? TIRED? GETTING nowhere? Getting ahead means you need an education. Education doesn't mean four years. Visit www.Search4edu.com and get trained quickly for a bright future. (Cal-SCAN)

STEEL BUILDINGS

STEEL BUILDINGS. FACTORY Deals. Save $$$. 40x60' to 100x200'. Example: 50x100x12' is $3.60/sq ft. 1-800-658-2885 www.RigidBuilding.com (Cal-SCAN)

Look 'em in the eye when they tell you their circulation is 6,000.

It's a misdemeanor for a newspaper to lie about its circulation to get your advertising dollar. So when that other 'West Sacramento' paper tells you their circulation is 6,000, watch for twitching, excess sweating or other signs of nervousness. Or just ask for the number in writing.

OPINION

News-Ledger Editorial

A special vote? Let's hope not

The momentum in Yolo County has swung in favor of joining SMUD, the customer-owned power provider based in Sacramento. West Sacramento and its neighbors seem to believe that SMUD will give residents and businesses more electricity for their dollar than the investor-owned Pacific Gas & Electric Company.

PG&E, though, is not going to go away quietly. The corporation wants to hold onto its ratepayers in Yolo. And it is never in the utility company's best interest to make it easy for a chunk of ratepayers to say *sayonara*. So PG&E is campaigning against the switch, and will also fight to squeeze the maximum dollar for its assets in the region if forced to walk away.

While local government officials – with the support of business groups – are pushing to flip the switch to SMUD, PG&E has a trump card. The company wants to have a public vote before the final step of the decision, taking the ultimate call out of the hands of the county supervisors and city councils and placing into the hands of the rest of us.

But there is such a thing as too much democracy. The costs and figures in this debate are controversial and complex, and will be quite difficult to accurately convey to the voting public. Meanwhile, it is a fact that when voters are asked to make a complex decision on a "yes" or "no" issue, they will always vote "no" if they are sufficiently confused. So in the campaign leading up to a final public vote on SMUD, PG&E won't actually have to prove its case. Instead, all it has to do, presumably with the help of campaign consultants and hundreds of thousands of dollars in campaign money, is to make arguments and cite numbers that create doubt. The less consistent and more confusing, the better the "no" campaign.

An issue with the the breadth, complexity and fuzzy cost projections of the SMUD versus PG&E question seems tailor-made for just such a muddy ballot campaign.

When a "cry for democracy" is coming from a moneyed special interest, it can be better to leave a decision in the hands of elected officials. Let every party have its say now, and let's forego the bitter and confusing campaign.

Letters to the Editor

Beware of Wal-Mart

I lived in West Sacramento all my life until three years ago when I moved to a small town in Louisiana. I still get the News-Ledger where I just read that there are plans to put in a Wal-Mart. You should ask yourself what will happen to your town in the future if this happens? Come to the South where every small business that sells what Wal-Mart does is gone. My neighbor who sold and repaired televisions had to close up. Grocery stores are hurting. Now while this is bad for business, the worst is yet to come. Once they control business they start to control the cities and say, "Do this or we will leave the city and go elsewhere."

Now that most of the other businesses have closed up because they cannot compete, where does the city tax base come from if Wal-Mart leaves? Now they control and raise their prices.

I like West Sacramento and still own a house there, and I don't want Wal-Mart to do there what they have done here.

RICHARD ENSBURY
LAKE D'ARBONNE, LOUISIANA

Thanks!

The Collings West Sacramento Teen Center and Huntington Disease Society of America want to thank the community of West Sacramento for coming to our first crab feed fundraiser. We want to thank River City High School's community services students and the 8th grade AVID class students for providing great service to our guests. Also, we want the thank the River City High School and Golden State Middle School jazz bands for their wonderful entertainment. Our thanks to Marla Wells of Y92 radio and Supervisor Mike McGowan for being our master of ceremonies and giving away all the wonderful raffle items.

Finally, a big thank you to all the businesses who donated to our fundraiser: Raley's, River Cats, LaBou, Crest Jewelers, Hollywood Hardware, Les Schwab Tire Centers, Martin's Integrity Auto Diagnostics & Repair, Dr. Charyl M. Silva, Club Pheasant, Curves for Women, The Melting Pot, Medlock Chiropractic, Forever Yours Flowers & Gifts, The B Street Theater, Howard Garlinger Jr., Grupe, Northstar At Tahoe, Donner Ski Ranch, Sacramento Magazine, Boreal Mountain Resort, Music Circus, California Family Fitness, Gunther's Quality Ice Cream, Homewood Mountain Resort, Mellow Me Out Day Spa, The Golf Club at Whitehawk Ranch, Cinelus Theater, Sierra Chemical Company, Schetter Electric, Snooks Candies & Ice Cream, Tallahan's Cafe, Aquarium of the Bay, San Francisco Pier 29, Playhouse West, Bear Valley Mountain Resort, Blue Coyote Cafe, Black Bear Inn, Caesar's Tahoe, Pavilion Salon Shoes, Image Salon, Spa & Beauty Essentials, El Dorado Hotel & Casino, HDSA, Beth Johnson, Scandia Sports, Sidewalk Pizza, Little Caesars Pizza, Round Table Pizza, Pizza Guys, and Carwen Printers.

The support from the community made the crab feed a success and fun for all.

DAVE DOVE, EXECUTIVE DIRECTOR
COLLINGS WEST SACRAMENTO TEEN CENTER

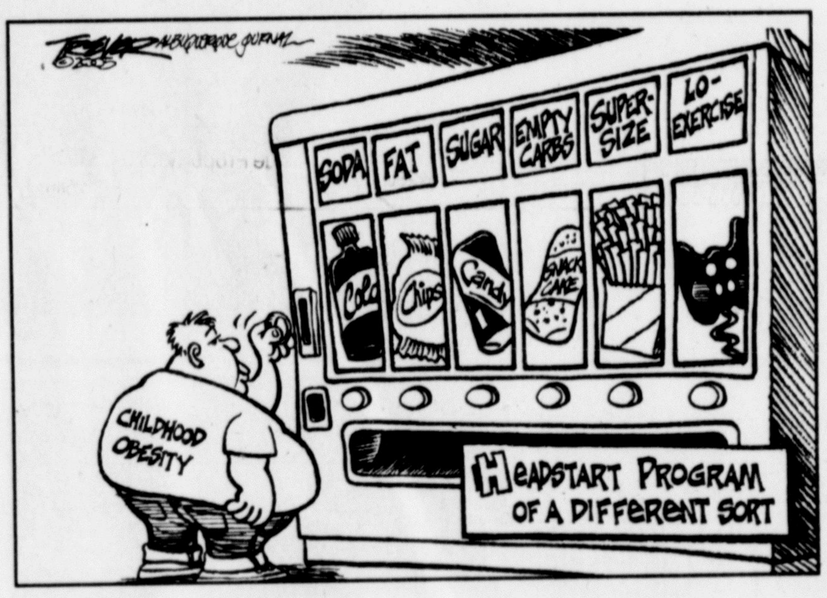
Let Terri Schiavo live

I find the reactions to the Terri Schiavo story enlightening. On the one hand, we seem to have a case where the aggrieved husband, after successfully suing his wife's doctors for malpractice to the tune of three-quarters to a million dollars, suddenly remembers that she would have wanted to die instead of receiving the treatment the he sued for. The money was ostensibly to be used for her rehabilitative therapy. He, on the other hand, has refused to allow any regenerative therapy for her whatsoever. Instead, he's been using the settlement money to try and have her killed. Those nasty rumors about her physical abuse by him persist as well. He's turned down offers of a million dollars to let her parents assume physical and financial responsibility for her as well. Why?

The larger question I have is this: When will we wake up and realize that the slippery slope we're on is getting steeper and steeper?

After all, it's just a small step to expand the definition of "unviable tissue mass" from the unborn to more and more newly deemed useless members of society. All those rights we are endowed with by our creator are meaningless without the first one; life. Why do we seem to want to kill even more innocents, yet save guilty murderers? Who decides? You, or your greedy children or spouse?

J. BESHARIAN
West Sacramento



Fictitious Business Name Statement
Filed Feb. 8, 2005
File No. 2005-166

The following person is doing business as SME, 2034 Calaveras Ave., Davis CA 95616:

Scott Mathews, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/1/2000.

/s/Scott Mathews

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 11, 2005
by: /s/Linda Smith, Deputy Clerk

Mar 16 23 30 Apr 6

Fictitious Business Name Statement
Filed Mar. 10, 2005
File No. 2005-268

The following person is doing business as Cintas First Aid & Safety, 1679 Enterprise Blvd., Suite 10, West Sacramento, CA:

Affirmed Medical, Inc., 6800 Cintas Blvd., Mason OH 45040.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on .

/s/William C. Gale, Sr. Vice President & CFO
Affirmed Medical, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 10, 2005
by: /s/Freddie Oakley, Deputy Clerk

Mar 16 23 30 Apr 6

Fictitious Business Name Statement
Filed Mar 8, 2005
File No. 2005-257

The following person is doing business as PM Truck Repair Inc., dba PM Truck Repair Inc., Towing and Transport, 3740 Commerce Dr., PO Box 403, West Sacto., CA 95691:

Paul Davis, PO Box 403, West Sacramento CA 95691.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 1980. Previous fictitious business name number 2000-149.

/s/Paul Davis

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 8, 2005
by: /s/Ava Woodard, Dep Clerk

Mar 16 23 30 Apr 6

NOTICE OF PETITION TO ADMINISTER ESTATE OF VIOLET HELEN SHORTER
CASE NUMBER PB05-45

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, Violet Helen Shorter:

A PETITION FOR PROBATE has been filed by James R. Shorter, Jr., in the Superior Court of California, County of Yolo.

THE PETTITION FOR PROBATE requests that James R. Shorter, Jr. be appointed as personal representative to administer the estate of the decedent.

THE PETITION reqeusts the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

A HEARING on the petition will be held on April 14, 2005, at 8:30 a.m. at Dept. 11 at Yolo County Superior Court, 725 Court St., Woodland, CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a "Request for Special Notice" (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A "Request for Special Notice" form is available from the court clerk.

Petitioner:
/s/James R. Shorter, Jr.
7445 Topanga Lane
Sacramento CA 95842
(916) 334-3828
/s/James R. Shorter

Mar 16 23 30

Fictitious Business Name Statement
Filed Feb. 10, 2005
File No. 2005-175

The following person is doing business as DDR Investments, 32620 County Rd 13, PO Box 117, Zamora CA 95698:

Don Tinsley and Don Boulet, same address as above.

This business is conducted by a General Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on 2/10/05.

/s/Roger Gibson

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb. 10, 2005
by: /s/Valerie Clinton, Deputy Clerk

Mar 2 9 16 23

Fictitious Business Name Statement
Filed Feb 17, 2005
File No. 2005-194

The following person is doing business as Cold Spring Properties, 8304 Rd 91B, PO Box 173, Zamora CA 95698:

David H. Long, 8304 Rd. 91B, PO Box 173, Zamora CA 95698.

This business is conducted by a General Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on 2/17/05.

/s/David Long

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb 17, 2005
by: /s/Kim Weisenburg, Deputy Clerk

Mar 2 9 16 23

Fictitious Business Name Statement
Filed Feb 25, 2005
File No. 2005-215

The following person is doing business as C&H Veteran Enterprises, Inc., 3208 West Capitol Ave., West Sacramento CA 95691:

James Michael Caldwell, 2935 Jefferson Blvd., W. Sacramento CA 95691.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/27/2004.

/s/James Michael Caldwell, President
C&H Veteran Enterprises, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb 25, 2005
by: /s/Kimberly Johnson, Deputy Clerk

Mar 2 9 16 23

Fictitious Business Name Statement
Filed Feb 22, 2005
File No. 2005-206

The following person is doing business as El Rancho Mobile Park, 2000 West Capitol Ave., West Sacramento, CA 95691, mailing: c/o Keegan & Coppin Co., Inc., 101 Larkspur Landing Circle, Larkspur CA 94939:

Sacramento Ventures, Inc., c/o Keegan & Coppin Co., Inc., 101 Larkspur Landing Circle, Larkspur CA 94939.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on .

/s/Donna J. Swain, President
Sacramento Ventures, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb 22, 2005
by: /s/Ava Woodard, Deputy Clerk

Mar 2 9 16 23

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. 2001-284

The following person(s) has (have) abandoned the use of the fictitious business name: AT&T WIRELESS and AT&T WIRELESS SERVICES, 1000 GOETHE ROAD, SACRAMENTO, CA 95827
The fictitious business name referred to above was filed in the County Clerk's office on 09/19/2000 under Current File No. 2001-284 in YOLO County.
This business was conducted by AT&T WIRELESS SERVICES OF CALIFORNIA, LLC, 7277 164TH AVE. NE, RTC-1, LEGAL, REDMOND, WA 98052.
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ CAROLYN WILDER, ASSISTANT SECRETARY
This statement was filed with the County Clerk of YOLO County on 02/18/2005.
03/02/2005, 03/09/2005, 03/16/2005, 03/23/2005
CNS-786588#
NEWS-LEDGER

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. 2000-718

The following person(s) has (have) abandoned the use of the fictitious business name: AT&T WIRELESS, 1000 GOETHE ROAD, SACRAMENTO, CA 95827
The fictitious business name referred to above was filed in the County Clerk's office on 09/19/2000 under Current File No. 2000-718 in YOLO County.
This business was conducted by AT&T WIRELESS SERVICES OF CALIFORNIA, INC., 7277 164TH AVE NE, RTC-1, LEGAL, REDMOND, WA 98052.
I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
S/ CAROLYN WILDER, ASSISTANT SECRETARY
This statement was filed with the County Clerk of YOLO County on 02/18/2005.
03/02/2005, 03/09/2005, 03/16/2005, 03/23/2005
CNS-786584#
NEWS-LEDGER

Fictitious Business Name Statement
Filed Mar. 14, 2005
File No. 2005-286

The following person is doing business as Cost-U-Less Insurance Center, 351 Court St., Woodland CA 95695:

Sacramento Auto Insurance Center, 2701 Citrus Rd., Rancho Cordova CA 95742.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 3/1/05. Previous fictitious business name number 2002-690.

/s/Jerry Keenan, President

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: March 14, 2005
by: /s/Ava Woodard, Deputy Clerk

Mar 23 30 Apr 6 13

***

It is confidence in our bodies, minds and spirits that allows us to keep looking for new adventures, new directions to grow in, and new lessons to learn—ßwhich is what life is all about.

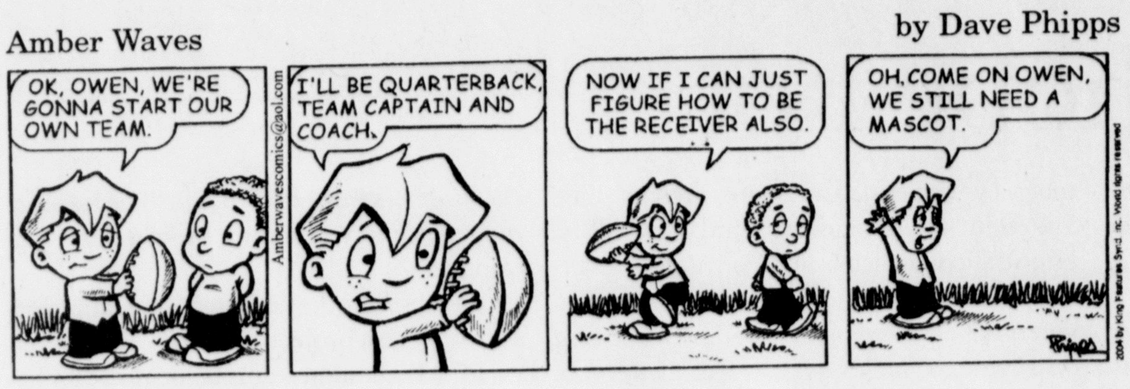
—Oprah Winfrey

***

PUZZLES & COMICS

Amber Waves

by Dave Phipps


OK, OWEN, WE'RE GONNA START OUR OWN TEAM.
I'LL BE QUARTERBACK, TEAM CAPTAIN AND COACH.
NOW IF I CAN JUST FIGURE HOW TO BE THE RECEIVER ALSO.
OH, COME ON OWEN, WE STILL NEED A MASCOT.
Amberwavescomics@aol.com
2004 by King Features Synd., Inc. World rights reserved.

R.F.D.

by Mike Marland

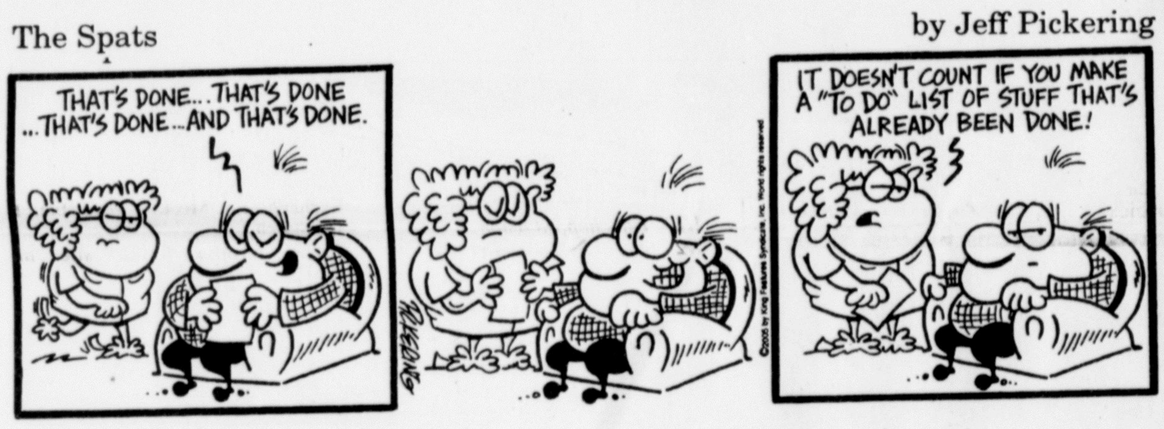
THE KID'S AMAZING, TINKER! NOT ONLY DID SHE NAME 'EM ALL...
SHE CAN ACTUALLY TELL WHO'S WHO!!
THAT'S FUZZBALL... THIS IS BUTTERCUP... SUNSHINE AND SMILEY ARE OVER THERE...
MARLAND
©2005 by King Features Syndicate, Inc. World rights reserved.

Out on a Limb

by Gary Kopervas

The Spats

by Jeff Pickering


THAT'S DONE... THAT'S DONE ...THAT'S DONE... AND THAT'S DONE.
IT DOESN'T COUNT IF YOU MAKE A "TO DO" LIST OF STUFF THAT'S ALREADY BEEN DONE!
©2005 by King Features Syndicate, Inc. World rights reserved.

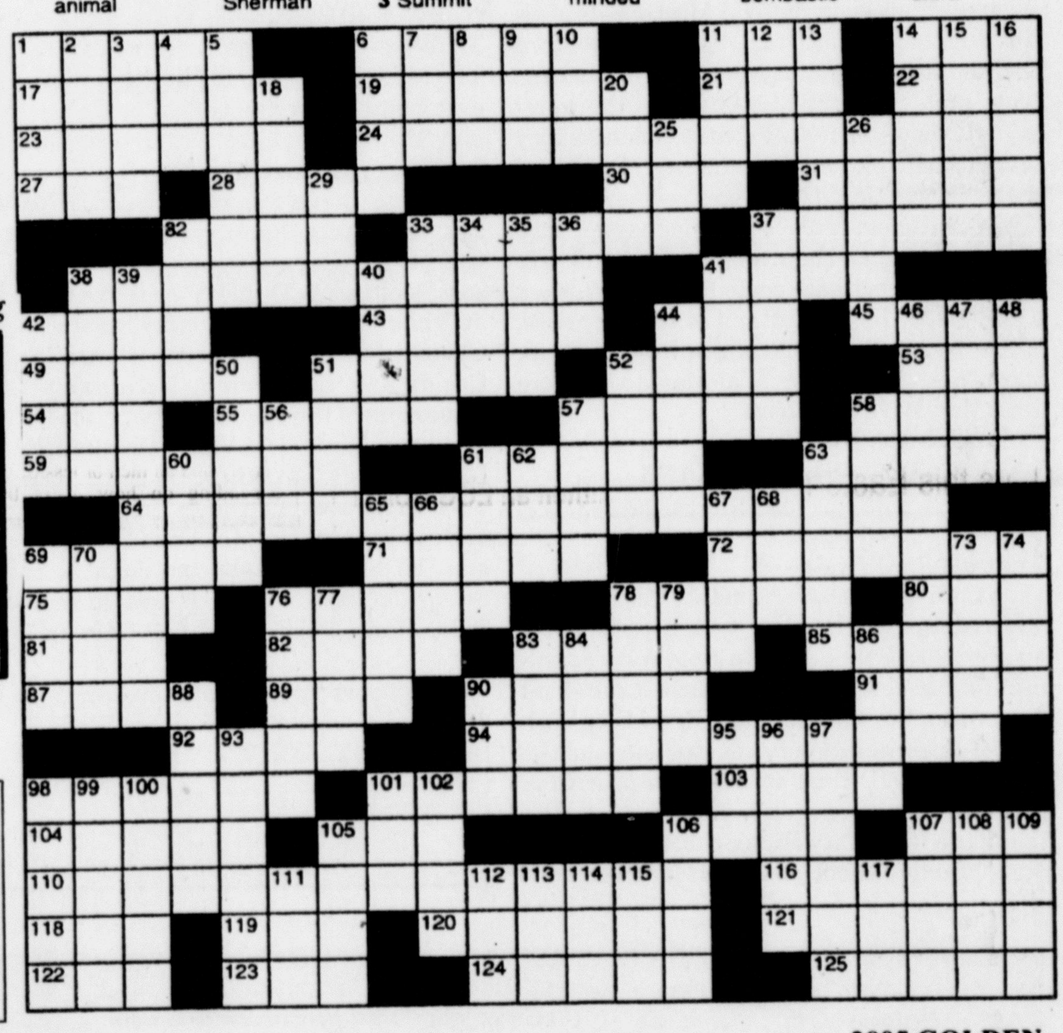
THE CRYSTAL BALL REVEALS THE FUTURE ONLY IN GENERALITIES
FOR INSTANCE...I SEE SOMEONE IS GOING TO GET INJURED...
...AND I SEE IT IS SOMEONE VERY CLOSE TO YOU...
OMIGOSH! DO YOU MEAN POPEYE?
OBVIOUSLY, I DIDN'T REALIZE HOW CLOSE!
HY EISMAN
www.kingfeatures.com

Super Crossword

BELIEVE IT OR NOT

ACROSS
1 "Dracula" prop
6 — mignon
11 Roast beef au —
14 Enjoy the Alps
17 Tropical treat
19 Classical hunk?
21 A Turner
22 Another Turner
23 Toed the line
24 Start of a remark by 38 Across
27 Prom wear
28 Idle
30 Fury
31 "Garfield" cartoonist
32 Shalit or Siskel
33 Ned of "Deliverance"
37 Stir up
38 Speaker of remark
41 Carrey title start
42 Windmill part
43 Violinist Mischa
44 Singer Scaggs
45 Cabbage concoction
49 Aquatic animal
51 Bodybuilder Charles
52 "— Show" ('94 film)
53 Private pension
54 Robert of "Quincy, M.E."
55 Restive
57 Trumpeter Berigan
58 Explorer Hedin
59 '68 Tom Jones hit
61 Shatter
63 — suit
64 Part 2 of remark
69 Raid
71 Sinuous dances
72 Jihad
75 Verve
76 Posada of baseball
78 Thin porridge
80 Thurman of "The Avengers"
81 Deighton or Dawson
82 Blows away
83 Isaac's mom
85 Remove varnish
87 Lug
89 Morning moisture
90 Comic Sherman
91 "— It a Pity?" ('70 song)
92 Got older
94 Part 3 of remark
98 Yearned
101 Titania's hubby
103 "Java" man?
104 Tom of "Adam's Rib"
105 Woody herb
106 With 107 Down, "Chocolat" actress
107 Kimono closer
110 End of remark
116 Like some recordings
118 Out — limb
119 Gumshoe
120 Update a story
121 Ida of "The Sea Wolf"
122 Fashion monogram
123 Symbol of sturdiness
124 "Jane Eyre" character
125 Murcia mister

DOWN
1 Primer pooch
2 Forbidden
3 Summit
4 Kyser or Starr
5 Ornamental opening
6 Comic Joey
7 Wedding words
8 "Hulk" Ferrigno
9 SASE, e.g.
10 Mowry of "Sister, Sister"
11 Be in accord
12 Luau instrument
13 Rarely
14 Martin or McQueen
15 Actor Sorbo
16 What i.e. stands for
18 Hersey setting
20 Tizzy
25 Strive
26 Whittier's feet
29 Buddhist movement
32 Merriment
33 Beer storage?
34 Humorist Bombeck
35 Cry of concern
36 Dress size
37 Like a peach
38 Photo finish
39 Narrow-minded
40 One of the Marches
41 Rub out
42 Nullify
44 Swindle
46 Sausage type
47 Precinct
48 Lack
50 Bendix role
51 "— Breaky Heart" ('92 hit)
52 Wharf
56 Prepare to feather?
57 Seeks change?
58 Fluctuate
60 Tenor Kozlovsky
61 Peevishness
62 Genetic info
63 Vends
65 Flung
66 Warm embraces
67 "No dice!"
68 Farm tool
69 Crafter's cloth
70 Toast topper
73 — acid
74 All ears
76 Too experienced
77 Had bills
78 Bit of a beach
79 Be bombastic
83 Disparage
84 Palo —, CA
86 Cast
88 Scout rank
90 Presidential nickname
93 Trattoria treat
95 Heifer or hen
96 Last
97 Telescope sighting
98 Croce's Mr. Brown
99 "Hee Haw" host Buck
100 Mount Everest's locale
101 Absent
102 Grumpy guy
105 Singer Springfield
106 Alzado of football
107 See 106 Across
108 Pro — (free)
109 Perpetual lab assistant
111 Soho snack
112 PBS benefactor
113 Accounting abbr.
114 Tiny
115 "— of You" ('84 hit)
117 "Tarzan" extra



Rational Numbers

by Linda Thistle

Using the clues, simple arithmetic, and a little logic, place a single digit (0 to 9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.

ACROSS
2. Consecutive digits in descending order
4. 11-Across minus 16-Across
6. Three more than 11-Down
8. 15-Across minus 11-Down
9. Digits of 17-Across reversed
10. Consecutive digits in ascending order
11. One-half of 14-Down
13. 6-Across plus 5-Down
15. Five times 5-Down
16. Four times 6-Across
17. Five hundred more than 1-Down

DOWN
1. Consecutive digits in ascending order
2. Four more than 15-Across
3. Two times 9-Across
5. One more than 7-Down
7. One-half of 9-Down
9. Digits of 16-Down reversed
10. The last digit is three times the first digit
11. Four times 10-Across
12. Digits of 3-Down reversed
13. 8-Across plus 16-Down
14. Thirty less than 2-Across
16. Consecutive digits in ascending order

© 2005 King Features Syndicate, Inc.

MAGIC MAZE ● 2005 GOLDEN GLOBES

M Y V T Q O L I G D B Y W T R
T P M K I F D S B S Y W U X S
H Q O M K I F D Y M N B Z X X
E W U S Q O D I C A P R I O D
A H N L J H F D M I W R W F O
V C U H A Y W T R L V E T G O
I S Q S P N R E L L N H D N W
A K I U T O S H F I E C C I T
T B Z R P O K N A W S T Y N S
O W V U L S N A M E T A B E A
R R Q C P N R E N T A H S B E

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

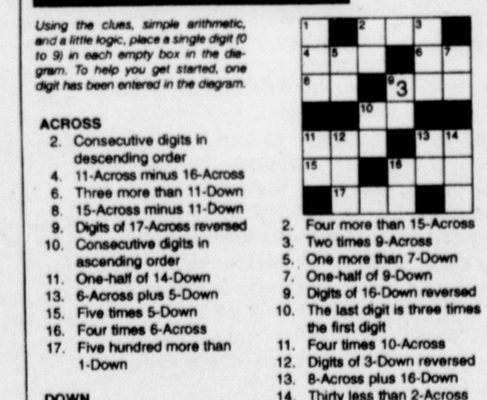
Bateman, Bening, Closer, DiCaprio, Eastwood, Foxx, Hatcher, Huston, Owen, Portman, Rush, Shatner, Sideways, Swank, Williams

Please see answers page five

FLASH GORDON
DALE ARDEN
DR. HANS ZARKOV
FLASH GORDON
BY JIM KEEFE
PRESENTING A QUICK LOOK BACK AT THE WAY IT BEGAN...
...WHEN A NEWLY DISCOVERED PLANET HERALDED EARTH'S IMMINENT DESTRUCTION!
NARROWLY ESCAPING FROM THEIR AIRCRAFT BEFORE IT'S TORN FROM THE SKY BY A METEOR SHOWER...
...FLASH GORDON AND FELLOW PASSENGER DALE ARDEN PARACHUTE TO SAFETY.
SETTING DOWN, THEY'RE CONFRONTED AT GUNPOINT BY A DISHEVELED FIGURE...
...DR. HANS ZARKOV!
DRIVEN MAD BY THE INTENSITY OF HIS EFFORTS TO SAVE THE EARTH, HE TAKES THE YOUNG COUPLE CAPTIVE!
WITH A DEAFENING ROAR, THE TRIO TAKES OFF IN A ROCKET SHIP OF THE SCIENTIST'S DESIGN--THE FATE OF THE WORLD RESTING ON THEIR SHOULDERS!
UP THROUGH THE HEAVENS THEY SOAR, UNTIL, MIRACULOUSLY, THEY REACH THEIR OBJECTIVE...
...THE PLANET MONGO!
NEXT: MING THE MERCILESS!

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Wishing Well®

6	2	7	5	7	6	5	6	2	7	8	7	4
K	A	B	P	E	E	R	E	C	A	S	F	N
3	2	4	5	6	5	6	5	6	8	2	5	7
A	C	I	E	P	S	O	T	N	P	O	I	F
8	6	4	8	2	8	3	4	5	4	7	2	5
E	W	G	N	R	D	L	H	G	T	E	D	E
3	6	2	8	5	6	8	3	4	7	6	7	4
O	I	W	W	A	N	I	V	T	C	N	T	I
6	5	2	5	8	7	6	2	6	8	3	2	7
I	T	I	W	S	I	N	T	G	E	E	H	O
3	2	8	4	8	4	2	7	4	5	3	2	4
A	N	L	M	Y	E	A	N	F	O	F	T	U
5	2	5	7	3	7	4	3	2	7	2	3	3
R	U	K	A	F	T	N	A	R	E	E	I	R

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

DINING, TRAVEL & ENTERTAINMENT

CELEBRITY extra

by Evelyn Green

Q. I love reading about Lucy Lawless ("Xena: Warrior Princess") in your column. My question concerns how the lawsuit that she and Kevin Sorbo ("Andromeda" and "Hercules: The Legendary Journeys") filed against their producers turned out. Also, is there any news about a pilot for a new series that Sorbo was supposed to be making, and what about Lucy's new movie for television? — *Kenneth T.*

A. Lawless and Sorbo sued Universal for what they claim were profits from their two shows that were withheld from them. When asked about the suit, Lawless indicated that it was still in effect, with no disposition as yet.

Sorbo's pilot has him playing a star football quarterback who takes on the task of mentor to his young successor, who will be played by Thad Luckinbill, currently playing the role of "J.T." on "The Young and The Restless."

Lawless' new movie for CBS, "Locust," about a plague of carnivorous insects, airs April 24.

***

Chuck Connors as "The Rifleman"

Q. Just to set the record straight on the reruns of "The Rifleman." You can watch them on the "Rough and Ready" Saturday block airing on the Hallmark Channel. — *Shaun S.*

A. Thanks, Shaun — and thanks to everyone else who wrote to advise where to see the classic series starring Chuck Connors and Johnny Crawford on air.

***

THE CHOPPING BLOCK

by Philomena Corradeno

BABY ARTICHOKES ARE IN SEASON

They're coming — the baby artichokes I've been waiting for for weeks. These are the little artichokes that range from walnut to lemon size and are so fine that, when properly trimmed, are entirely edible. Actually, "baby" is probably a misnomer, for they are not immature. They are small because their growth is "stunted," you might say, since they grow under the shade of the giant leaves of the plant. Their peak season is from mid-April through May. If you don't see them in your market, speak to the produce manager.

And if you haven't tasted these delicate babies, do buy them. They can be sautéed, steamed, braised or microwaved, cooked in broth or in a sauce. I sauté diced onion and celery, add a can of whole tomatoes, crushed, and basil, simmer that about a half-hour, add the artichokes and cook them for 15 minutes or so or until they are fork-tender. Delicious is the only word to describe them. If sauce is left, I freeze it and later cook potatoes or green beans or both in it. Another delicious change in side dishes.

To prepare them, rinse them under cold running water. Set out a bowl of cold water; add 3 tablespoons lemon juice (called acidulated water) to keep artichokes from discoloring. Cut off the stems (I usually leave on about 1/2 inch of stem and peel it because I like the taste and texture). Cut about 1/2 to 3/4 inch from the green tops. Drop the artichokes into the bowl of acidulated water. Snap off the outer leaves until you reach leaves that are yellow at the base. Cut artichokes in half or quarters lengthwise and return them to the bowl. When ready to cook them, drain and rinse them.

This is how I sauté them: I place them in a skillet or shallow saucepan with 3 or 4 tablespoons olive oil, parsley and an inch or less of water, depending on how many babies there are. I simmer this till all the water has evaporated and only the oil is left. I continue to cook them until they're golden brown and tender, about 10 minutes, stirring occasionally. You should try this easy way. Remove them to a serving dish, sprinkle them with salt and black pepper and a bit of balsamic vinegar or lemon juice if you like a little tang and eat them warm, cold or at room temperature.

But today we have a fragrant soup with fennel, carrots, onions and asparagus.

BABY ARTICHOKE-VEGETABLE SOUP

- *3 tablespoons lemon juice*
- *12 to 18 Ocean Mist Farms baby artichokes*
- *1 pound Ocean Mist Farms asparagus spears*
- *1 bulb Ocean Mist fennel*
- *4 ounces pancetta or bacon, diced*
- *1 1/2 quarts chicken broth*
- *1 1/2 cups baby carrots*
- *1/2 cup chopped green onion (scallion) OR 1 cup small boiling onions, peeled*
- *1 teaspoon fennel seeds, crushed*
- *1/4 teaspoon black pepper*

Prepare baby artichokes as described above, leaving them in the acidulated water.

Trim base of asparagus spears; cut spears into 1-inch pieces.

Remove core of fennel bulb. Slice fennel, reserving leaves.

In large saucepot or Dutch oven, cook pancetta until crisp. Drain off drippings. Add broth, carrots, onion, fennel seeds and pepper. Heat to boiling. Reduce heat and simmer, covered, for 10 minutes. Drain artichokes. Add to saucepot and simmer 5 minutes. Add asparagus and fennel and cook additional 5 minutes until vegetables are tender. Garnish with fennel leaves. Makes 4 to 6 servings.

© 2005 King Features Synd., Inc.

CRITIC'S CORNER

By D.N.A Smith

"Robots"

Running time: 90 minutes
MPAA rating: PG

When it comes to great computer-animated films, Pixar stands alone at the top of the pyramid. With every film, the studio constantly raises the bar when it comes to storytelling, production values and pure entertainment. A few years ago, 20th Century Fox created its own computer-animation division, Blue Sky Studios, in order to give Pixar a run for its money. "Ice Age" was its first feature and a huge hit.

"Robots" is Blue Sky's latest offering, and while it lacks some of the heart of "Ice Age," it is a rollicking, fun flick for the whole family.

The film stars Ewan McGregor as Rodney Copperbottom, a young robot inventor who has created The Wonderbot, a tiny helicopterish device that can be used in restaurants. He travels to Robot City so he can sell his idea to the Bigweld company. Little does he know what intrigue awaits.

The Bigweld company has been taken over by the evil robot Ratchet (Greg Kinnear), who along with his nasty mother plan on taking robot replacement parts off the market and offer pricey "upgrades" instead. "Why be you when you can be new?" is Ratchet's marketing slogan. Sadly, robots that are too poor to afford these new "upgrades" will be carted off and sent to an underground furnace.

Rodney stumbles onto this plot and with the help of a clanky, wise-cracking, fire-engine-red friend named Fender (Robin Williams) and a slinky corporate exec (Halle Berry), the plucky gang set out to find the missing Mr. Big Weld and restore him to his rightful place as head of the Bigweld company and foil Ratchet and his mother's evil scheme.

Robots quest for the missing Mr. Big Weld.

I really had a lot of fun with this film. The production design is brilliant — reminiscent of Fritz Lang's "Metropolis" combined with Harley Earl and Rube Goldberg. The jokes aren't always on-target (there is such a thing as just too much Robin Williams), and some of the voice work (Halle Berry's in particular) lacked sufficient emotion.

Still, I think kids will have a great time at this movie, as will their parents. Definitely put "Robots" on your list of films to see.

GRADE: B

© 2005 King Features Synd., Inc.

Comfort foods

Made fast and healthy

by JoAnna M. Lund

Dinner For Two

Tired of leftovers when there are only two at the table? If so, be sure to give this delicious main dish a try. You'll be glad you did!

CHICKEN CREOLE

- *1/2 cup chopped onion*
- *1/2 cup chopped green bell pepper*
- *1/2 cup thinly sliced celery*
- *1 (8-ounce) can stewed tomatoes, undrained and finely chopped*
- *1/4 cup reduced-sodium ketchup*
- *1/2 teaspoon chili seasoning*
- *1 cup diced cooked chicken breast*
- *1 cup hot cooked rice*

In a medium skillet sprayed with butter-flavored cooking spray, sauté onion, green pepper and celery for 6 to 8 minutes. Stir in undrained tomatoes, ketchup and chili seasoning. Add chicken. Mix well to combine. Lower heat, cover and simmer for 6 to 8 minutes, stirring occasionally. For each serving, place 1/2 cup rice on a plate and spoon about 1 cup chicken mixture over top. Serves 2. Freezes well.

• Each serving equals: 282 calories, 2 g fat, 30 g protein, 36 g carb., 352 mg sodium, 5 g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 1/2 Starch.

Visit JoAnna's Web site at www.healthyexchanges.com or call her at 1-800-766-8961 for more information about her "common folk" healthy recipes.

© 2005 King Features Synd., Inc.

***

I've grown to realize the joy that comes from little victories is preferable to the fun that comes from ease and the pursuit of pleasure.
—Lawana Blackwell

***

Moments in time

THE HISTORY CHANNEL

• On **April 8, 563 B.C.,** Gautama Buddha, the founder of Buddhism, is born in the Kingdom of Sakya along the border of present-day Nepal and India. Buddha was born as Prince Siddhartha, the son of the king of the Sakya people.

• On **April 9, 1859,** a 23-year-old Missouri youth named Samuel Clemens receives his steamboat pilot's license. During his time as a pilot Clemens picked up the nautical term "Mark Twain," which he would use as a pseudonym in his writings for nearly 50 years.

• On **April 6, 1865,** Confederate Gen. Robert E. Lee's Army of Northern Virginia fights its last major battle as it retreats westward from Richmond. As Lee watched his men stagger from the battlefield at Sayler's Creek, he cried, "My God, has the army been dissolved?" He surrendered three days later.

• On **April 10, 1933,** the Civilian Conservation Corps is created in Washington, D.C., as a tool for employing young men during the Depression and improving the government's vast holdings of Western land. Some 2 million men took part in the CCC during its nine-year existence.

• On **April 7, 1954,** President Dwight D. Eisenhower coins one of the most famous Cold War phrases when he suggests the fall of French Indochina to the communists could create a "domino" effect in Southeast Asia. The so-called domino theory dominated American thinking about Vietnam for the next decade.

• On **April 4, 1968,** just after 6 p.m., Martin Luther King Jr. is fatally shot while standing on the balcony outside his second-story room at the Motel Lorraine in Memphis, Tenn. The 39-year-old civil-rights leader was in Memphis to support a sanitation workers' strike.

• On **April 5, 1976,** Howard Hughes, one of the richest men to emerge from the American West during the 20th century, dies in his airplane while flying from Acapulco to Houston to seek medical treatment. He was 70.

© 2005 King Features Synd., Inc.

The smallest bird of prey is the white-fronted falconet, which is the size of a sparrow.

The most celebrated diamond is the Koh-i-noor, which was presented to Queen Victoria in 1850 by the East India Company.

Books

William Pitt: The Younger
by William Hague
(Alfred A. Knopf, $35)
Reviewed by Larry Cox

William Pitt was one of the great iconic leaders in British history. He was born in 1759, the second son of William Pitt, Earl of Chatham. Young Pitt studied law at Cambridge and eventually became a member of Parliament. After serving as First Lord of the Treasury in 1783, he became the youngest person ever to be named as England's prime minister. He was barely 24.

William Hague, a former leader of the Conservative Party in Britain, has written a highly readable biography of this remarkable man. His new book brims with rich historic detail and presents Pitt not as the cold, aloof leader that history suggests, but rather as a warm and witty man who truly loved his country.

Pitt served as prime minister for almost two decades. During that period he was an innovative leader and instigated several important social reforms. He guided Britain through at least four national crises: the madness of King George III, the impact of the French Revolution, the trauma of the Napoleonic wars and the problems of a wartime economy.

According to the author, Pitt was an outstanding leader, but he was not without his faults. For example, he was stubborn, drank heavily and sometimes flip-flopped on issues. Even though he originally stood for office as a peace candidate, he established his reputation as Britain's longest-serving war leader. Perhaps most ironic of all, he was the undisputed master of the nation's finances but died a pauper.

Hague has written a rich historic saga staged against the backdrop of the Industrial Revolution and global conflict. Simply put, this is historical reporting at its best.

Books reviewed in this column are available at your local bookstore.

© 2005 King Features Synd., Inc.

You can't live on chocolate bunnies.

Here's something that can help you grow.

Easter at Trinity Church
Sunday, March 27

Celebrate Christ's resurrection with us this Easter!

7 a.m. Sunrise Celebration
8—9:30 Pancake Breakfast
10 a.m. Easter Celebration
...then an EGG HUNT!

1500 Park Blvd., West Sacramento
371-5875, www.TrinityWestSac.org

FREE!
French Toast Breakfast

Saturday, March 26 from 9 a.m. to 10:30 a.m.
First Southern Baptist Church
2124 Michigan Blvd.
At the corner of Maple & Michigan

We want to know our neighbors better -- join us! Bring the kids and your friends. Just come on over for breakfast!

Future free breakfasts scheduled for last Saturday in February and March!

3/23

Bargains Only!
We bring you fabulous bargains through:
■ Closeouts
■ Package Changes
■ Promotional Products
■ Manufacturer's Overruns
$2.00 OFF! On min. purchase of $25. One coupon per person per day. Excludes alcohol. Exp. 3.31.2005
GROCERY outlet!
845 Harbor Blvd.
(near West Capitol)
West Sacramento
West Sacto ■ 372-6575

UNDER NEW OWNERSHIP!
Freddie's
GOURMET DELI
■ Deli & Specialty Sandwiches
■ Fresh Meats from Freddie's Roaster
■ Hot & Cold Sides & Salads
120 15th Street (between Jefferson & Park)
Phone: 371-8945 ■ Fax: 371-2650
Open Mon. 10-2:30 ■ Tues. 10-6 ■ Wed.-Fri. 10-4:30

Whitey's Jolly Kone
● Tacos ● Burgers ● Shakes
GREAT FOOD.
FRIENDLY FOLKS.
A West Sacramento Tradition!
1300 Jefferson Blvd.
371-3605

CLUB PHEASANT
Restaurant & Cocktail Lounge
Italian Dinners & Lunches
- Family Owned Since 1935 -
Closed Mondays
Phone (916) 371-9530
Fax (916) 371-9553
Two miles south of Pioneer Memorial Bridge (US 50) on Jefferson Blvd. ■ West Sacramento, California

CHEERS
WEST SACRAMENTO
The locals' favorite bar for 23 years.
Dart Tourn. Thurs 7pm
Shuffleboard Tourn. Sun. noon
- Owner Operated -
Karaoke Sat. 9pm-1am
2435 West Capitol Ave.
371-8511

Mecca Club
701 Sunset Avenue
West Sacramento, CA 95605
916-371-0538
Pool! Darts! 13 TVs!
Watch all the Kings games here!
Friday Karaoke, from 8pm!
Since 1933
Mecca Club
WEST SACRAMENTO

Half a Billion?

Go ahead, ask them.

For *that much money,* you deserve a *great* answer.

Electricity Consumers of West Sacramento: The next time you see Mayor Cabaldon or any of your City Councilmembers, ask them a few questions about *their* plans for spending *your share* of over $500,000,000* to switch electricity service. **Question #1.** Why did the City Council vote to switch your electricity service from PG&E to SMUD – *without first asking if you wanted to switch*? **Question #2.** How will West Sacramento electricity consumers help pay for over **half a billion dollars** in anticipated SMUD annexation costs?

Call each one today and ask them *why they voted YES*? **For $500,000,000 – you deserve a great answer.**

To speak to the Mayor or your West Sacramento City Councilmembers call (916) 617-4500

Mayor Christopher Cabaldon • Councilmember Carolyn Pierson • Councilmember Oscar Villegas

Councilmember William Kristoff • Councilmember Wes Beers

**Economic analysis performed by PG&E to determine the cost of the complete takeover of the PG&E electric system in Yolo County area being annexed.*

Paid for by Pacific Gas and Electric Company

Police log

March 16, 2:07 a.m.
A mobile home belonging to a 55-year old Fresno man burned while parked near Willow and Ash. The man admitted being on scene, but said he didn't start the fire. Evidence of arson was located, and the man was arrested.

March 16, 6 p.m.
A 28-year old male transient was found in possession of 25 different identification and access cards belonging to others. Five people, owners of nine of the items, had reported the items stolen. The suspect also had the names, dates of birth, social security and driver's license numbers of three others. The man was arrested.

March 17, 6:30 a.m.
A 2004 Ford Focus was reported stolen from Longcroft Street.

March 17, 7:30 a.m.
Near Blackbear and Stonegate, a 1985 Dodge chassis was stolen.

March 17, 10 a.m.
Officers responded to the high school where a student, upset about being suspended, had fled the office and climbed the roof of the cafeteria. The youth was taken into custody and taken to a hospital for evaluation.

March 17, 3 p.m.
An officer located an unoccupied stolen vehicle on the 3400-block of Evergreen Circle. The vehicle was watched until a man returned to it. The man was contacted, but fled officers on foot. Police using a Taster caught him. After being medically cleared, he was booked. The man had a $100,000 warrant for robbery as well.

March 18, 12:21 a.m.
Near Jefferson and West Capitol, a 24-year old man failed to stop for police after being seen speeding. He ran a stoplight during a four-block pursuit, then pulled over and gave up. His blood alcohol was over twice the 'presumed drunk' limit, so he was arrested for DUI and felony evasion. He also had a suspended license.

March 18, 8 a.m.
On Evergreen Avenue, someone reported a vehicle had been stolen around 5 p.m. the prior night, then returned in the morning.

March 18, 10:04 a.m.
On Redding, a car stereo was reported stolen in a car burglary.

March 19
Supermarket security caught an 18-year old stealing $52.78 worth of vodka.

March 19, 6 p.m.
On Walnut Street, a woman reported that someone had somehow obtained some of her checks, then forged and cashed them.

March 19, 7:49 p.m.
An officer arrested a 32-year old Sacramento man and 24-year old woman in a stolen 1993 Accord on Poplar Avenue. The woman had been named by the car's owner as the suspect in the theft.

March 20, 1:48 a.m.
Near Evergreen and Sycamore, a 19-year old female driver, 21-year old male passenger and another male suspect were seen in a stolen 1987 Camry. Police attempted to stop the vehicle, which led them in a pursuit to 4th Street, where it had nowhere left to go. The first two suspects were apprehended while the third successfully fled on foot after the car was stopped.

March 20, 2:30 a.m.
A 54-year old man reportedly had hit his girlfriend with a cane several times in an incident on West Capitol. Police attempted to contact the man, but he barricaded his motel room. They got the door partially open and saw him standing on the bed in a dark room with an object in his hands. He refused to comply with orders and a Taser was used on him. The suspect was then arrested.

March 20, 3:18 a.m.
A 1988 Honda Accord was reported stolen from Lisbon Street.

March 20, 11:35 a.m.
A Southport girl was reported as a runaway. She had done this before "usually when she was using drugs."

March 20, 11:47 a.m.
At a Madrone Avenue apartment, a 1987 Nissan Pulsar was reported stolen.

March 20, 1:46 p.m.
An officer took a report of a residential burglary at a G Street residence. Among the missing items was a 27" television.

'Across the Bridge':

Events around the region

SCC open house
Sacramento City College will hold a City Connections Open House on April 16th from 10 a.m. to 2 p.m. to give community members and potential students an opportunity to meet faculty, staff, and students, and learn about programs of study and student service.
Campus tours and drawings for prizes will also be part of the festivities.
Participants may meet in the City Cafe on the SCC campus at 3835 Freeport Boulevard, right across from William Land Park in Sacramento. For more information call 558-2441.

D.A.R. meeting
The Sacramento Chapter of the Daughters of the American Revolution will meet on April 11th at the Sacramento Garden and Arts Center, 3330 McKinley Boulevard in Sacramento. The business meeting will start at 11 a.m. followed by lunch at noon. The program will be presented by Frank Samora, an art instructor at Sacramento City College who will speak on "The Vividness of Artistic Design." For more information call 488-4189.

Bugs are back at zoo
Insects are scheduled to fly, inch and hop their way around the Sacramento Zoo again beginning April 1st as part of the zoo's "Bug Zone". The temporary exhibit will be open through June 26th and will demonstrate how big a role little insects play in our lives. Various creepy-crawly insects and their multi-legged relatives will be on display.
The Sacramento Zoo is located near the corner of Land Park Drive and Sutterville Road in William Land Park. The zoo is open daily from 10 a.m. to 4 p.m. For more information call 264-5888.

Wildlife refuge open
On April 9th and 23rd, the Stone Lakes National Wildlife Refuge, located off the Elk Grove Boulevard exit on Interstate 5, will be featuring docent guided walks beginning at 9 a.m. Enjoy the wildlife viewing platform and go through grasslands that border seasonal wetlands. Birds of prey and seasonal migratory birds are often visible.
For more information, call 775-4420.

African violets
There will be an African violet show and sale on April 2-3 at the Sacramento Garden and Arts Center, 3330 McKinley Boulevard in Sacramento.
Admission is free and there will be gorgeous blooming plants, expert advice from longtime growers, leaves and starter plants, growing supplies, and much more. Admission is free.

YMCA childcare
Need a fun place for your child to play and learn during the day? Have you considered the YMCA? The YMCA offers licensed childcare for children ages 3 months to 12 years of age. The programs operate five days a week.
The cost varies depending on the age of your child. Call 452-9622 ext. 111 for more information on locations and prices.

Dude ranch vacation
If you are planning a vacation for yourself or your family, visiting a dude ranch might be just what you're looking for.
For information you can visit www.duderanch.org.

PUBLIC HEARING NOTICE
The West Sacramento City Council will conduct a public hearing on April 6, 2005 at 7:30 PM or as soon thereafter as possible on the following. The hearing will be held in the council chambers at the Civic Center, 1110 West Capitol Ave., West Sacramento. Interested persons are invited to attend. In compliance with the ADA, if you need assistance to participate in this meeting, you should contact the City Clerk at 617-4500. Notification 72 hours prior to the meeting will enable the City to make reasonable arrangements to assure accessibility to this meeting. City hall is handicapped accessible.
1. Ordinance 05-3 amending the Municipal Code as it relates to inclusionary housing.
2. Submittal of a 2005 Community Development Block Grant (CDBG) application to the Department of Housing Community Development for Acquisition costs in support of new construction of housing for targeted income group households; Homebuyer assistance for targeted income group households; and Up to a 10% set-aside for relocation assistance to qualified households, non-profit organizations, and businesses. If awarded, the funding will be used over a four-year period beginning July 1, 2005 and ending June 30, 2009.
The purpose of the public hearing is to give citizens an opportunity to make their comments known. If you are unable to attend the public hearing, you may direct written comments to Louise Collis, Program Manager, City of West Sacramento, 1110 W. Capitol Avenue, West Sacramento, CA 95691. Or, you may contact Louise Collis by telephone at (916) 617-4555. Information regarding the CDBG application may be obtained at the above address between the hours of 8:00 a.m. and 5:00 p.m. on weekdays through April 6, 2005.
The City of West Sacramento promotes fair housing and makes all programs available to low- and moderate-income families regardless of age, race, color, religion, sex, national origin, sexual preference, marital status, or handicap.
Mar 23

Fictitious Business Name Statement
Filed Mar. 21, 2005
File No. 2005-307
The following person is doing business as Edward & Sons Painting, 424 Todhunter Ave., West Sacramento CA 95605:
Edward Skachkov, 424 Todhunter Ave., W. Sacramento CA 95605.
This business is conducted by an Individual.
The registrant commenced to transact business under the fictitious business name or names listed above on 3/21/05
/s/Edward Skachkov
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.
State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 21, 2005
by: /s/Elizabeth Montoya, Deputy Clerk
Mar 23 30 Apr 6 13

Fictitious Business Name Statement
Filed Mar. 11, 2005
File No. 2005-275
The following person is doing business as Style Your Child, 706 Main St., Woodland CA:
Kristin N. Parker, 850 Fordham Drive, Woodland CA 95695.
This business is conducted by an Individual.
The registrant commenced to transact business under the fictitious business name or names listed above on 1980. Previous fictitious business name number 3/1//05.
/s/Kristin N. Parker
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.
State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 11, 2005
by: /s/Linda Smith, Deputy Clerk
Mar 23 30 Apr 6 13

Fictitious Business Name Statement
Filed Feb. 14, 2005
File No. 2005-179
The following person is doing business as Business Support Services, 2987 Rubicon Way, West Sacramento CA 95691:
Richard N. Diehl, same address.
This business is conducted by a Limited Liability Company.
The registrant commenced to transact business under the fictitious business name or names listed above on .
/s/Richard N. Diehl
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.
State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb. 14, 2005
by: /s/Kimberli Johnson, Deputy Clerk
Feb 23 Mar 2 9 16

Fictitious Business Name Statement
Filed Jan 27, 2005
File No. 2005-114
The following person is doing business as Ya Ya's Mail Service, 3850 Topaz Rd., West Sac. CA 95691; mailing: PO Box 980353, West Sac. 95798:
Richard Anthony Rivero and Victoria Grace Kruse, PO Box 980353, West Sacramento CA 95798.
This business is conducted by Husband and Wife.
The registrant commenced to transact business under the fictitious business name or names listed above on 1/1/05.
/s/Richard Rivero
I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.
State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan 27, 2005
by: /s/Ava Woodard, Deputy Clerk
Feb 23 Mar 2 9 16

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO, SITTING AS THE JUVENILE COURT
In the Matter of: JAZMINE MONTALVO (LOZANO)
Minor born: 8-15-96
Case Nos.: 220630
PUBLISHED CITATION [WELFARE AND INSTITUTIONS CODE SECTIONS 294(f)(8) & 366.26]
Dept. No.: 133
THE PEOPLE OF THE STATE OF CALIFORNIA
TO: 'ELISEO LOZANO' OR ANYONE CLAIMING TO BE THE FATHER OF THE MINOR JAZMINE MONTALVO (LOZANO).
PUBLISHED NOTICE OF HEARING AND NOTICE TO PARENT OF RIGHTS AND PROCEDURES **PURSUANT TO WELFARE AND INSTITUTIONS CODE** SECTIONS 294(f)(8) and 366.26
1. YOU ARE HEREBY NOTIFIED THAT on May 4, 2005, at 8:30 a.m., in Department 133 of the Sacramento County Juvenile Court, Superior Court of California, located at 3341 Power Inn Road, Sacramento, CA 95826, a hearing will take place. Pursuant to Welfare and Institutions Code, Section 366.26, your parental rights will be terminated or a guardianship will be established or your children will be placed in long-term foster care.
2. You are further notified that the Department of Health and Human Services, Petitioner, will recommend the following action: termination of parental rights permanently and a court order that the above-named minor is to be placed for adoption.
3. You have the right to personally appear in court and be heard in this matter.
4. On the above date the Court will determine the best permanent plan for your children. Evidence will be presented. After hearing the evidence presented by the parties, the Court will make one of the following orders:
a. Terminate your parental rights permanently and order that the children be placed for adoption;
b. Without permanently terminating your parental rights, identify adoption as the permanent placement goal and order that efforts be made to locate an appropriate adoptive family for your children for a period not to exceed 60 days;
c. Without permanently terminating your parental rights appoint a legal guardian for your children and issue letters of guardianship; or,
d. Order that your children be placed in long-term foster care, subject to the regular review of the Juvenile Court.
5. You have the right to have an attorney represent you at the hearing. If you cannot afford an attorney, the Court will appoint an attorney for you, unless you knowingly and willingly waive your right to representation by an attorney. You have the right to present evidence at the hearing.
6. You have the right to request a trial on the issue of what permanent plan is best for your children. You have the right to present evidence. You have the right to use the Court's power to compel the attendance of witnesses to testify on your behalf. You have the right to confront and cross-examine any adverse witnesses. You have the right to confront and cross-examine the preparers of any reports submitted to the Court by the Social Services Agency. You have the right to assert the privilege against self-incrimination.
7. Any order of the Court permanently terminating your parental rights shall be final and you shall have no legal rights to the care, control or custody of the child.
8. Ten (10) days prior to the hearing, the Social Services Agency will prepare an assessment report containing its recommendation in this matter. You have the right to read the report and obtain a copy of the report. You should immediately contact Adoptions Reception at 875-5967 or your attorney if you have any questions or if you would like to read and obtain a copy of the report.
9. If you fail to appear at the hearing, the Court will proceed in your absence to adopt one of the above-mentioned permanent plans. Such proceedings may include the termination of your parental rights so that your children may be placed for adoption.
If you have any questions regarding this procedure, please contact the specified below or your attorney.
DATE: February 28, 2005
JAMES W. HUNT, DIRECTOR DHHS
by Diane Dover, Paralegal
Department of Health and Human Services, Paralegal Unit
(916) 876-5392
03/02/2005, 03/09/2005, 03/16/2005, 03/23/2005
CNS-787540#
NEWS-LEDGER

Jeremiah J. Brasher
Attorney at Law
■ Criminal Law ■ Family Law ■ Wills
■ Trusts ■ Personal Injury ■ Civil Litigation
VOICE: (916) 374-9197 ■ FAX: (916) 374-8967
See me at www.brasherlaw.net

Quick-Spray Painting
Interior or Exterior
Pressure Washing
Free Estimates
Call (916) 682-5023
34

25% OFF! YOUR NEXT FLORAL ARRANGEMENT! With this ad – Expires 3/31/05
Flowers for all occasions.
For that special occasion that needs special attention: weddings, anniversaries, birthdays, or just to say 'I love you.'
Visit
RIVER CITY FLORIST
1040 W. Capitol Ave.
W. Sac. ■ 371-3000
next door to City Hall

Free Job Search Services
Find Job FAST!
Take Advantage of Our Free Services:
• Job Training
• Job Search Aid
• Local Area Job Openings
• Resume Assistance
• Career Assessment
Come To The One-Stop Career Center
25 N Cottonwood Street, Woodland
500 Jefferson Blvd., West Sacramento
Yolo County ONE-STOP SYSTEM
Building Better Lives
Building Better Communities

CREST JEWELERS
■ Jewelry &,Watches
■ Sales & Repair
'We buy scrap gold!'
1296 West Capitol Ave. ■ In Safeway Center ■ 371-6440
CREST JEWELERS: Owned & operated with pride by the Macias family since 1967

Information on Local Rentals
S&S
Property Management
Bill Shower, Owner
(916) 371-1870 ■ Fax: (916) 371-4929
1049 Jefferson Blvd., Suite 1110, W. Sac. CA 95691
Email: rentals@ssproperty.com

JINA & PERRY PALAMIDESSI
West Sacramento's #1 Agent Team
2105 Town Center Plaza, Suite 120
West Sacramento, CA 95691
E-mail: pjp@golyon.com
MLS
Perry: 916•425-1270
Jina: 916•425-0426
Fax: 916•374-9099
LYON REAL ESTATE
www.GoLyon.com

Local Scene

Easter service

Celebrate Easter at Trinity Church, 1500 Park Blvd., with a 7 a.m. sunrise celebration, 8-9:30 a.m. pancake breakfast and 10 a.m. Easter celebration, followed by an Easter egg hunt. Call 371-5875.

Gang awareness

West Sacramento Police Department gang officer Joe Villanueva will host a "community gang awareness" seminar, open to the public, at River City High School. The program will be presented in English on Thursday, April 14; in Spanish on Thursday, April 21; and in Russian on Thursday, April 28. All programs from 6-8 p.m. in the cafeteria. Students, parents and community members welcome.

Chocolate!

Kids: join the Arthur F. Turner Branch library at 4 p.m. on Thursday, April 7, and learn all about chocolate. Learn how chocolate was developed, how it came to America, and do some taste-testing. Also games, handouts and a skit. For more information, call 375-6465. Sponsored by the West Sacramento Friends of the Library.

Interfaith worship

The West Sacramento Interfaith Gathering invites all to its annual Easter Sunrise Service on Sunday, March 27, at 7 a.m. at Community Lutheran Church, 920 Drever Street. A Continental breakfast will follow. People from different faith traditions are welcome. The Rev. Georgia Prescott of the Center for Spiritual Awareness will offer the message. Call 798-8724 for more information.

Lutheran Holy Week

Community Lutheran Church invites you to Holy Week and Easter Events: Palm Sunday worship is Sunday, March 20 at 10 a.m.; the Passover Seder is Thursday, March 24, at 7 p.m. (call 371-8804 for table seating); Good Friday Worship is Friday, March 25, at 7 p.m.; Easter Sunrise (Interfaith) Worship is Sunday, March 27, at 7 a.m.; Festival Worship is 10 a.m., with an 11 a.m. Easter Egg hunt for the children.

Easter eggs

The West Sacramento Elks Lodge will host an Easter egg hunt on the River Walk, beginning at 11 a.m. on March 26. Followed by hot dogs & fixings. The Easter bunny will visit. Located near the 'ziggurat' building north of the Tower Bridge.

Egg hunt

The West Sacramento Veterans of Foreign Wars Post 8762 will host a children's Easter egg hunt on Sunday at 1 p.m., 905 Drever Street. The Easter rabbit will hand out gifts to children. Donations of colored, hard-boiled eggs are accepted. Call 371-7245.

Ride, vets, ride

American Legion Post 440 in eastern Yolo County is starting up an "American Legion Riders" group. The veterans organization invites vets to participate in parades, promote motorcycle safety, and share an interest in veterans affairs while also sharing the road on a motorcycle. First meeting is scheduled for Sat., March 26, at 905 Drever Street from 9 a.m. to noon. Annual dues will be $10, and an optional, full "ALR" patch set is $50. For more information, contact Post 440 Commander Stu Greenfeld, 372-4417.

'Biggest' egg hunt

Journey Christian Church promises the 'biggest' Easter egg hunt in town from 10 a.m. to 1 p.m. at Bridgeway Island Park on Saturday. Also carnival games, cotton candy, egg painting, baby chicks. For more information, call 375-0800 or visit www.journeychurch.com.

Tax assistance

Low-income wage earners can get free help in filing tax returns from the Yolo County Department of Employment and Social Services and several other organizations. West Sacramento residents may contact the department at 500 Jefferson Blvd.., Suite 110, (916) 375-6201, or contact Las Casitas Housing, 685 Lighthouse Dr. No. 16B, 375-1678.

'Da Vinci Code'

Journey Christian Church will host a five-week series analyzing the historical accuracy of the best-selling thriller "The Da Vinci Code," written by Dale Brown. The seminar will address such questions of whether Jesus and Mary Magdalene were married or had children, and whether there is a Holy Grail. Program begins March 27 at 9 and 10:45 a.m., hosted by Pastor Kurt Berger. For more information, call 375-0800.

Food giveaway

The Food Bank of Yolo County will distribute food to eligible West Sacramento and Clarksburg residents on Tuesday, March 29, from 8-9:30 a.m. at the county building; from 9-9:30 a.m. at Community Lutheran Church; from 8:30-9:30 a.m. at Yolo Housing Authority; and from 10-11 a.m. at the Clarksburg Firehouse. Please bring a bag. For eligibility or other information, call (530) 758-6821.

Tea at mansion

The Delta Lions will hold their annual tea to honor "Women of the Community" at the River Delta Grand Island Mansion in Walnut Grove on April 2 from 11 a.m. to 2 p.m. $20 donation supports the Delta High School Scholarship Fund in Clarksburg. RSVP by March 28. For more information, call 775-4180 or 421-1843.

Wild river

The campaign to designate Cache Creek in Yolo County as a state "Wild and Scenic River" invites the public to a presentation on the creek's watershed on Thursday, March 24, from 7-8:30 p.m. in the Blanchard Room at the county library branch, 315 E 14th Street in Davis. Featuring scrolling, three-dimensional 'flights' using satellite images and other visual illustrations, the tour will show the source of the creek at Clear Lake and follow the river's geography. For more river information, visit www.cachecreekwild.org. For more on local hiking opportunities, visit www.yolohiker.org.

Scholarship

The Cache Creek Conservancy will offer a $1,000 scholarship to a graduating senior who will pursue an education in an environmental or natural resource-related field at a two- or four-year college or university this fall. Applications are available at all local high schools. Completed applications are due by March 31. Call (530) 661-1070 for more information.

State of the City

West Sacramento's Chamber of Commerce is making plans for the 12th annual State of the City address, on Tuesday, April 5, at the civic center. Table sponsorships are available. Individual seating is $50. Call 371-7042 for information.

Tennis clinic

The River City High tennis team will host 'Spring Break Junior Tennis Clinics' on Mondays, Tuesdays and Thursdays from 9010 a.m. on March 28, 29, 31, April 4, 5 and 7, at the school's tennis courts. $5 per day or all six days for $20. For more information, call Coach Brooks at 375-7800 ext. 315.

Bingo

The West Sacramento Soroptimists plan a "Bingo for Baskets" event with a tostada lunch on Sunday, April 3, at the VFW Hall on Drever Street. $10 includes lunch at noon plus 15 games from 1-4 p.m. Proceeds support local service projects. Bingo prizes are valued at $35-$50. Bring a friend and your dauber.

Library closes

All Yolo County library branches will be closed on Tuesday, April 5, to install a new automated circulation system. The library expects to reopen the next day.

Easter drama

Southport Community Church presents, 'The Last Supper: The Complete Picture," a rendition of the Last Supper that dramatizes what happens when Jesus is missing. Performances at 9 a.m. and 10:30 a.m. on Easter Sunday, March 27, at 2568 Industrial Blvd. There will be an Easter egg hunt for children up to age 12 at 12:30 p.m. at Gateway Park. For more information, call 372-7818.

Music scholarship

The Swift Fund for the Arts announces its 2005 Music Scholarship program, open to Yolo County residents who attend the Sacramento Youth Symphony Summer Chamber Music Workshop in Davis. For more workshop information, visit sacys.org or call 731-5777. For scholarship information, contact scholarships@swiftfund.org or call (530) 219-6057.

Chicano/Latino youth

West Sacramento city council member Carolyn Castillo Pierson announces the annual Chicano Latino Youth Summer Leadership Conference from July 30 to Aug. 6 at CSU Sacramento. The conference is open to 140 current 10th and 11th grade high school students, and includes legislative day at the state capital, campaign development workshops, a college day and Chicano Latino culture and history. Apply by April 15. Applications are available at www.clylp.com. For more information, call Pierson at 617-4709.

Rebates!

Just in time for spring and summer home improvements projects, PG&E announces $17 million in rebates available for a range of energy-efficient appliances and products, including insulation, windows, and air conditioners. You can get started online at www.pge.com, clicking on 'rebates' under 'your home.' You may also request a rebate application by calling 1-800-933-9555. Rebates available while they last.

Send your 'Local Scene' item to:
News-Ledger, PO Box 463, West Sacramento CA 95691
Send it early for best chance of publication!

FREE ESTIMATES
LIC. #1612
DAN'S SERVICE
Foreign & Domestic Auto Repair
(916) 373-1808
526-B Galveston
West Sacramento
KEN HOY

VICTORIA MARTINE-MILLAN
REALTOR®/Notary
Bilingual Spanish
1102 Jefferson Blvd., Ste. D
West Sacramento, CA 95691
E-mail: VMillan@GoLyon.com
Ofc: 916•374-9090x8016
Cell.: 916•955-4044
Fax: 916•375-1434
LYON REAL ESTATE
www.GoLyon.com

LAW OFFICES OF
MARK F. JOHANNESSEN
J.D., M.B.A., C.P.A.
FAMILY LAW MEDIATION
AND
NON-COURT ALTERNATIVES TO
FAMILY LAW DISPUTE RESOLUTION
DIVORCE - PROPERTY - CUSTODY - SUPPORT
980 NINTH ST., 16TH FLOOR
SACRAMENTO, CA 95814
TELEPHONE: 449-9603
EMAIL: MFJLAW@ATTGLOBAL.NET

Home Port Realty
–Established 1975–
LONGSTANDING COMMITMENT...
OUTSTANDING SERVICE.
When choosing a real estate company to assist you with your West Sacramento real estate needs, be sure to consider the company with the most West Sacramento real estate experience. The one company that will continue to be here for you when you need us, and the one company that has been here since 1975! If you or someone you know is considering buying or selling real estate, please take the time to choose the one company that has stood the test of time in our premier City and still appreciates every individual client.
"The one Company that will continue to be here for you when you need us!"
Jeff Morazzini 996.6160
Brenda Morazzini 804.4114
Jim Girard 717.6230
Aric Ladd 997.0211
Raul DeAnda 712.7285
Vivian Ormond 548.2656
Michael Ritchie 662.7556
Office 916.372.5933 | Fax 916.372.2746 | www.westsachomes.com
1929 West Capitol Avenue | West Sacramento, California 95691

Nugget MARKETS

Happy Easter!

FRESH TO MARKET
WHERE QUALITY & PRICE MATTER

Hillshire Farm
Spiral Sliced Ham
Brown Sugar or Honey!

This is Hillshire Farm's most popular bone-in ham. These hams offer all of the distinctively delicious flavor of our other bone-in hams with the convenience of spiral slicing.

Save 1.40 Lb.

2.19 lb.

Sunny Valley Half Hams
Shank or Butt Portion
Water Added
Gold Club Savings...1.10 lb.

1.59 lb.

Better Than BOGO
Dreyer's Ice Cream
Selected Varieties.
48-64 oz. Package
Gold Club Savings...3.01

2.98

Better Than BOGO
Coca-Cola 2 Liter Bottles
Selected Varieties.
Gold Club Savings...90¢

79¢ +crv

Better Than BOGO
Nabisco Snack Crackers
Selected Varieties.
6.75-10 oz. Package
Gold Club Savings...1.65

1.64

Better Than BOGO
Ranch Pak Large Eggs
One Dozen
Gold Club Savings...1.01

78¢

Better Than BOGO
Lindsay Large Pitted Olives
Selected Varieties.
6 oz. Can
Gold Club Savings...1.00

79¢

Better Than BOGO
Betty Crocker Cake Mix
Selected Varieties.
15-21.5 oz. Package
Gold Club Savings...1.70

78¢

Better Than BOGO
Ocean Spray Cranberry Sauce
Selected Varieties.
16 oz. Can
Gold Club Savings...81¢

78¢

Better Than BOGO
Green Giant Vegetables
Selected Varieties.
11-15 oz. Can
Gold Club Savings...81¢

48¢

Better Than BOGO
Betty Crocker Potato Buds
28 oz. Package
Gold Club Savings...2.40

1.99

Ocean Mist Fresh Broccoli
California Grown deep green bunches!

68¢ ea.

Save 61¢ ea.

MARCH 2005
AD STARTS WEDNESDAY
WED THU FRI SAT SUN MON TUES
23 24 25 26 27 28 29

Better Prices than Buy One Get One Free!

WHERE QUALITY & PRICE MATTER

All Gold Club Card Specials are limited to 4 items per household through the sales effective dates unless otherwise noted. We reserve the right to limit individual purchases to four packages of any item for sale, except items where otherwise noted. Sale items are not available to any commercial dealer or wholesaler. Items are subject to stock on hand. All items not available at all stores. Photos & illustrations are for display purposes only and do not necessarily depict items that are on sale. We reserve the right to correct all printed and/or typographical errors. This advertisement was created for Nugget Markets by Daily Design, Sacramento, CA. ©2005

Emerald Nuts

Selected Varieties.
5-12 oz. Package
Gold Club Savings... 1.70

1.99

Langers Juice

Selected Varieties.
64 oz. Bottle
Save 2.58 on 2

2 for $5

Better Than BOGO

Kellogg's Rice Krispies

19 oz. Package
Gold Club Savings... 2.50

2.49

Oroweat Muffins

Selected Varieties.
6 Count Package
Gold Club Savings... 1.00

1.99

Knorr Sauce or Gravy Mix

Selected Varieties.
.6-1.2 oz. Package
Gold Club Savings.... 51¢

88¢

Betty Crocker Frosting

Selected Varieties.
12-16 oz. Can
Gold Club Savings.... 91¢

1.58

Better Than BOGO

Gold Medal Flour

5 Lb. Package
Gold Club Savings... 1.40

99¢

Progresso Green Bean Casserole

50.5 oz. Package
Gold Club Savings... 2.00

2.99

Munchies or Rollitos

Selected Varieties.
7.25-7.75 oz. Package
Save 98¢ on 2

2 for $3

Campbell's Cream Soups

Selected Varieties.
10.75 oz. Can
Save up to 51¢

78¢

Swanson Chicken Broth

Regular Only. 14 oz. Can
Gold Club Savings.... 45¢

48¢

Aspen Super Strong Plates

80 Count Package
Save 2.18 on 2

2 for $5

Mott's Clamato Juice

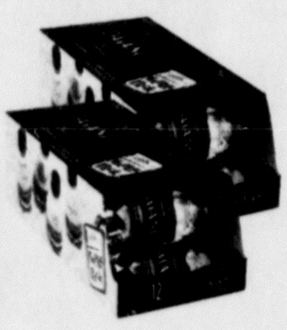
Selected Varieties.
32 oz. Bottle
Gold Club Savings... 1.31

1.88 +crv

Coca-Cola 6 Packs

Selected Varieties.
6 Pack/16.9 oz. Bottles
Gold Club Savings.... 91¢

2.98 +crv



Dasani Water Fridge Packs

12 Pack/12 oz. Bottles
Gold Club Savings.... 50¢

4.49 +crv

Dr Pepper or Squirt

Selected Varieties.
2 Liter Bottles
Gold Club Savings.... 70¢

99¢ +crv

Falls Brand Sliced Bacon

16 oz. Package
Gold Club Savings... 2.00

2.99

John Morrell Loop Sausage

Selected Varieties.
1 Lb. Package
Gold Club Savings... 1.00

2.39

Gold Rush Shredded Cheese

Selected Varieties.
16-32 oz. Package
Gold Club Savings... 2.00

7.89

Ball Park Franks

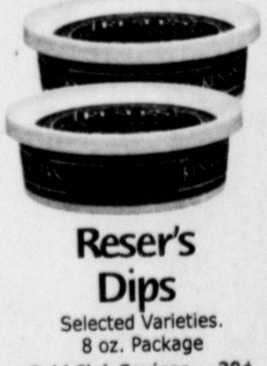
Selected Varieties.
16 oz. Package
Gold Club Savings... 1.00

2.99

Jimmy Dean Sausage

Selected Varieties.
6.6-12 oz. Package
Gold Club Savings... 1.00

2.79



Reser's Dips

Selected Varieties.
8 oz. Package
Gold Club Savings.... 30¢

89¢

Land O'Frost Thin Sliced Meats

Selected Varieties.
12 oz. Package
Gold Club Savings... 1.00

2.39

Gallo Salame

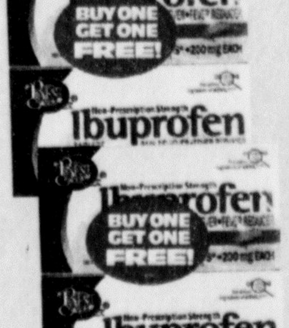
Selected Varieties.
16 oz. Package
Gold Club Savings... 1.30

4.99

Best Yet Cotton Swabs

300 Count Package
Gold Club Savings...70¢

1.19



Best Yet Pain Reliever

Selected Varieties.
100+100 Count Package
Gold Club Savings...1.70

5.99

Scope Mouth Wash

Selected Varieties.
1 Liter with
FREE 250 ml. Bottle
Gold Club Savings...1.80

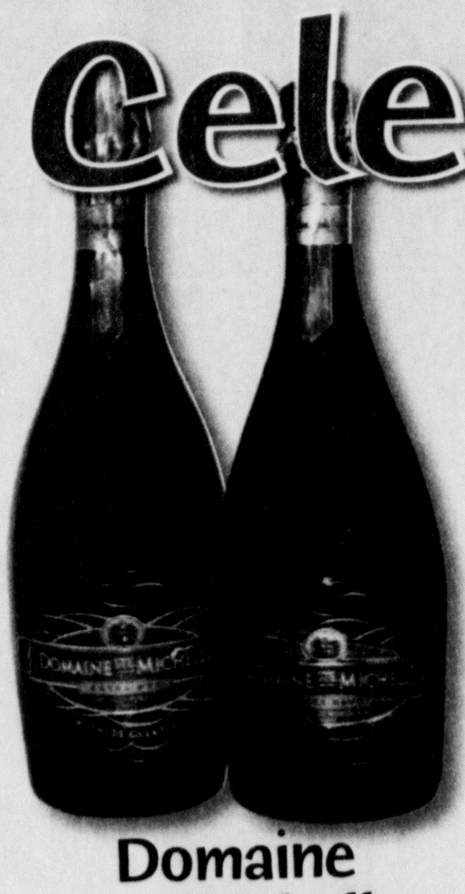
3.99

Gillette Sensor Razors

5 Count Package
Gold Club Savings...2.00

4.99

Celebrate!



Domaine Ste. Michelle Sparkling Wine

Selected Varieties.
750 ml. Bottle
Gold Club Savings...2.00

7.99

Scharffenberger Brut Sparkling Wine

750 ml. Bottle
Gold Club Savings...5.00

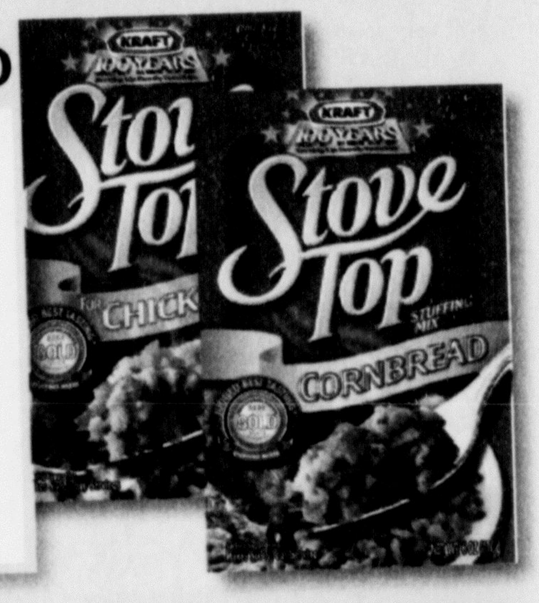
14.99

Better Than BOGO

Stove Top Stuffing Mix

Selected Varieties.
6 oz. Package
Gold Club Savings...1.00

99¢



Better Than BOGO

Dole Pineapple

Selected Varieties.
20 oz. Can
Gold Club Savings...91¢

88¢

Mission Flour Tortillas

30 Count Package
Gold Club Savings...1.40

2.49

Dr Pepper or Squirt 12 Packs

Selected Varieties.
12 Pack/12 oz. Cans
Save 3.98 on 2

2 for $6 +crv

ENJOY MORE SAVINGS AT

Spring Savings Bonus!

Earn up 10% Off!

Earn Your Spring G through April

Earn a 5% Bonus!

Just use your Nugget Gold Club Card and spend betwee and $399.99 before April 19, 2005, and you'll earn a 5% Certificate, good for 5% OFF a future Nugget purch

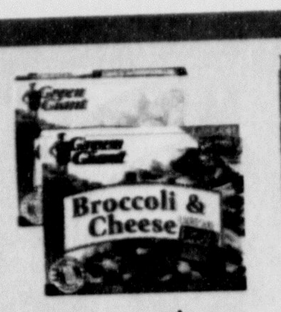
THE SPRING SAVINGS BONUS PROGRAM STARTS MAR

Nugget MARKETS

Raymond Wines
Selected Varieties.
750 ml. Bottle
Gold Club Savings...6.00
12.99

BV Vineyards Wines
Selected Varieties.
750 ml. Bottle
Gold Club Savings...5.00
11.99

Minute Maid Juice
Selected Varieties.
64 oz. Carton
Save 3.98 on 2
2 $4 for



Green Giant Vegetables
Selected Varieties.
10 oz. Package
Gold Club Savings... 1.01
1.48

Dreyer's Whole Fruit Bars
Selected Varieties.
4-9 Count Package
Save 2.78 on 2
2 $5 for

Old Orchard 100% Juice
Selected Varieties.
12 oz. Can
Gold Club Savings.... 71¢
88¢

Kraft Cool Whip
Selected Varieties.
8 oz. Tub
Gold Club Savings.... 70¢
1.19

Land O Lakes Butter
Selected Varieties.
16 oz. Quarters
Gold Club Savings... 2.11
2.88

Dreyer's Ice Cream
Selected Varieties.
32 oz. Carton
Save 98¢ on 2
2 $5 for

Monet Crackers
Selected Varieties.
4.25-4.4 oz. Package
Gold Club Savings.... 40¢
1.29

Fall River Wild Rice
10.5 oz. Package
Gold Club Savings... 1.30
2.99

Knorr Soup Mix
Selected Varieties.
.9-1.8 oz. Package
Save 1.38 on 2
2 $3 for

Mezzetta Bistro Pasta Sauce
Selected Varieties.
25 oz. Jar
Gold Club Savings.... 66¢
2.99

Masada DiabEase Therapy Creams or Foot Scrub
Selected Varieties.
2.5 oz. Package
Gold Club Savings..... 1.00
3.99

Masada DiabEase Therapy Creams or Foot Cream
Selected Varieties.
6 oz. Package
Gold Club Savings..... 2.00
7.99

Masada DiabEase Skin Calming Cream
2.5 oz. Package
Gold Club Savings... 1.80
7.19

Masada DiabEase Skin Calming Cream
6 oz. Package
Gold Club Savings... 4.00
15.99

Paas Medium Coloring Kit
Single Count Package
Gold Club Savings...90¢
1.29

Best Foods Mayonnaise
Selected Varieties.
32 oz. Jar
Gold Club Savings...1.60
1.99

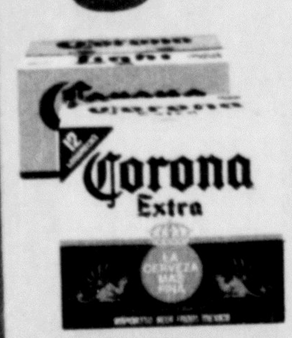
Lay's Potato Chips
Selected Varieties.
10-12 oz. Bags
Gold Club Savings...1.00
1.99

Coca-Cola or Pepsi 12 Packs
Selected Varieties.
12 Pack/12 oz. Cans
Save 3.98 on 2
2 $6 for +crv

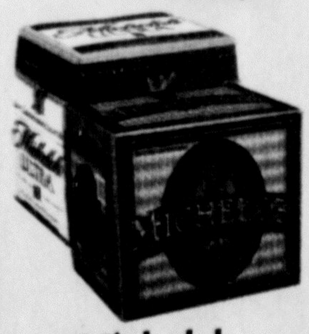
Val d' Oca Prosecco
With it's striking package and lightly sparkling body, the Val d' Oca Prosecco is our choice for your Sunday Brunch. In the mouth it is fresh and fruity (apple, pear and melon) with mineral and citrus notes on the finish; a great match with eggs benedict. I'll probably end up dying some of my Easter eggs the same cobalt blue color as our featured Wine of the Week.
89 Points "Best Buy"
- Wine Enthusiast
Gold Club Savings..... 3.00
8.99

Montevina Wines
Selected Varieties.
750 ml. Bottle
Gold Club Savings... 3.00
6.99

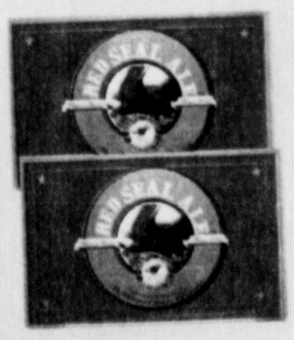
Cambria Chardonnay
750 ml. Bottle
Gold Club Savings... 7.00
12.99



Corona Beer
Selected Varieties.
12 Pack/12 oz. Bottles
Gold Club Savings... 4.90
10.99 +crv



Michelob Beer
Selected Varieties.
12 Pack/12 oz. Bottles
Gold Club Savings... 3.00
8.99 +crv



Red Seal Ale
12 Pack/12 oz. Bottles
Gold Club Savings... 4.00
9.99 +crv

Bacardi Rum or Smirnoff Vodka
1.75 Liter Bottle
Save up to 6.00
15.99

Chef Prepared Quiche
Perfect for Sunday Brunch!

Prepared daily by our chefs using local produce, quality meats and real eggs.

9 Inch Quiche
9.99
Save $3.00

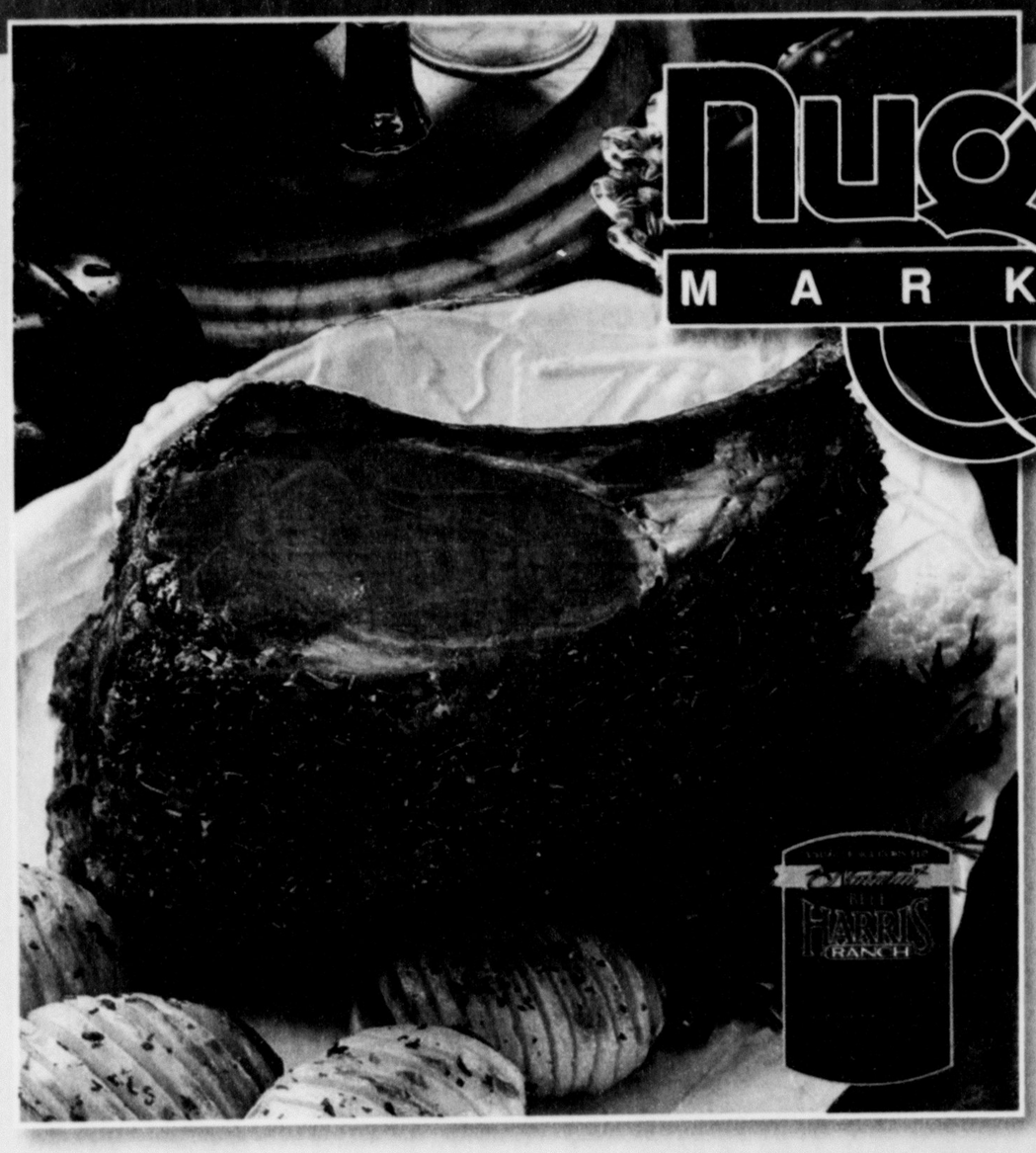
AVINGS AT NUGGET MARKETS!

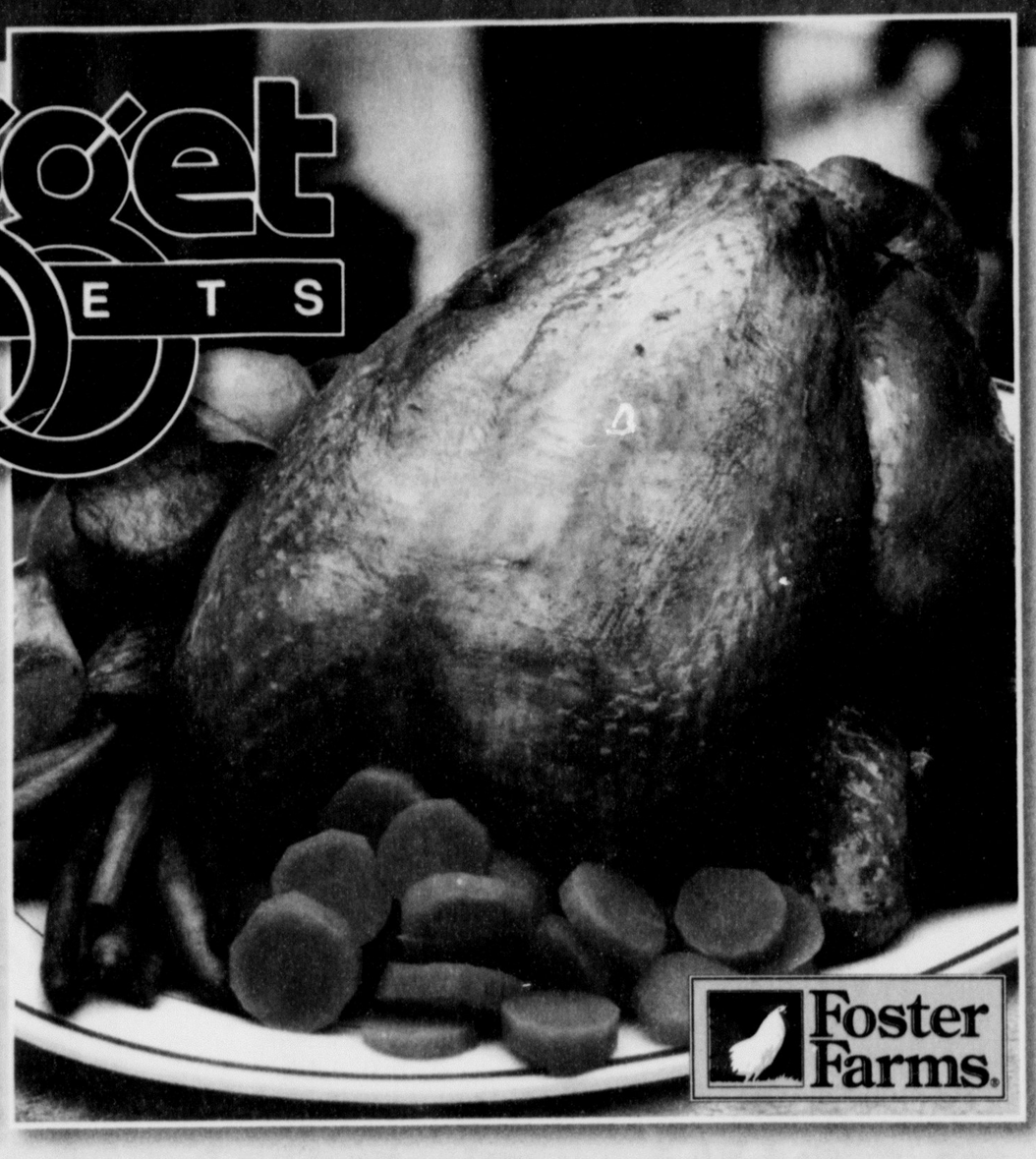
Spring Gold Club Bonus
ugh April 19, 2005!

Bonus!
d and spend between $200
nd you'll earn a 5% Bonus
ture Nugget purchase.*

Earn a 10% Bonus!
Just use your Nugget Gold Club Card and spend $400.00 or more before April 19, 2005, and you'll earn a 10% Bonus Certificate, good for 10% OFF a future Nugget purchase.*

STARTS MARCH 2ND AND RUNS THROUGH APRIL 19, 2005.





Harris Ranch USDA Choice

Standing Beef Rib Roast

Slow cook this beauty for maximum flavor!

5.99 lb.

Save 3.00 lb.

Foster Farms California Grown

Fresh Whole Turkeys

98¢ lb.

Fresh Foster Farms Whole Turkey Breast . 10-13 Lbs.
$1.79 lb. Save $1.00 lb.

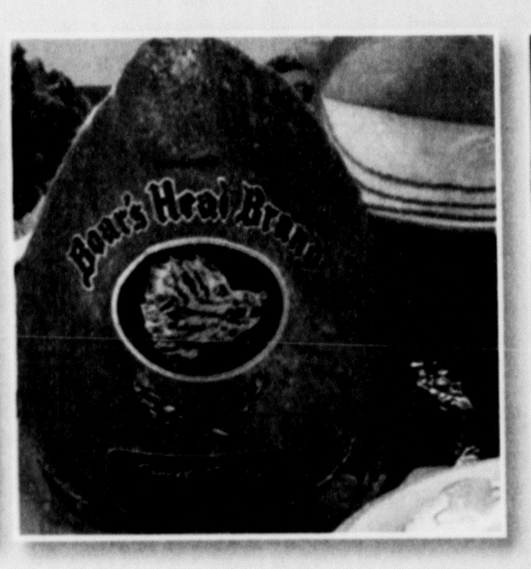
Save 71¢ lb.

Superior Farms USDA Choice

Fresh American Leg of Lamb

Save 70¢ lb.

4.29 lb.

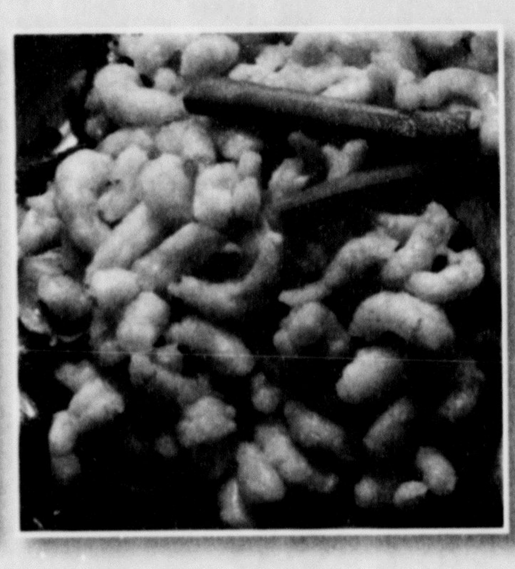


Boar's Head Brand

Sweet Sliced Boneless Ham

Save 1.00 lb.

4.99 lb.



Succulent and Delicious

Cooked & Peeled Shrimpmeat

Save 2.00 lb.

4.29 lb.

41-50 Count

Peeled & Deviened Prawns

Save 5.00 lb.

7.99 lb.

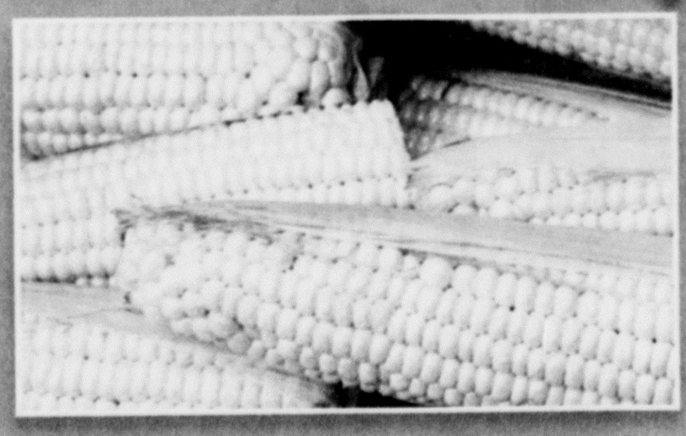
– Fresh Produce Specials –

California Grown

Dinner Size Artichokes

Save 51¢ ea.

88¢ ea.

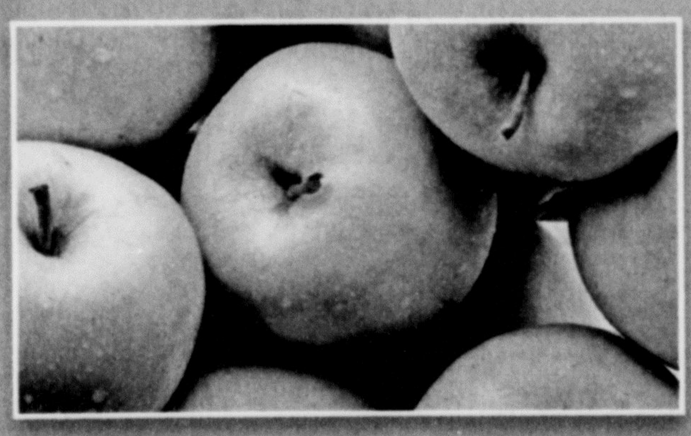


Florida Grown

Fresh Sweet White Corn

Save 58¢ on 2

2 for $1



Washington Grown

Crisp Granny Smith Apples

Save 41¢ lb.

88¢ lb.

California Grown

Garnet Yams

Save 21¢ lb.

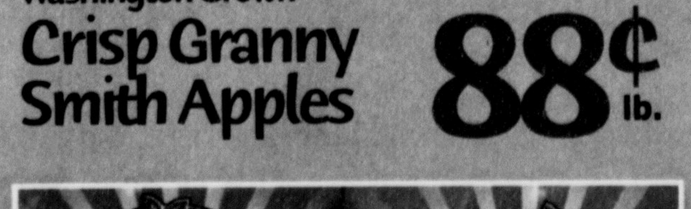
78¢ lb.

Florida Grown

Blueberries

Save 51¢ ea.

2.98 ea.



Fresh Express

Organically Grown Fresh Salads

Save 1.58 on 2

2 for $5